

# TAKING STEPS TO STOP THE SILENCE

DID YOU KNOW THAT 1 OUT OF 5 CANADIANS WILL EXPERIENCE A MENTAL ILLNESS IN THEIR LIFETIME (CMHA)?

**Are you up for a challenge?**

**Join EWSNetwork in Taking Steps to Stop the Silence Campaign.**

**How many steps can you take this month?**

**The more steps you take, the more awareness about Mental Health we can share!**



**WALK 5000 STEPS  
OR WALK FOR 30 MIN**



**RETRIEVE A FOOTPRINT**



**PLACE ON THE  
DESIGNATED WALL**

**IT'S THAT SIMPLE!**

