



You can help us  
**Defeat Depression**®



*Move for Mental Health*

Barrie 1<sup>st</sup> ANNUAL

**DEFEAT DEPRESSION 1/5/10K WALK/RUN**

**September 11, 2016**

**Registration: 12PM - Start time: 1PM**

CMHA BUILDING ON BRADFORD AT SIMCOE

Join us for Barrie's First Annual Defeat Depression Walk/Run for Mental Health.

Help us spread awareness about mental health issues and de-stigmatize mental illness.

**REGISTER | DONATE | INFO**

Website: [mdsc.akaraisin.com/BarrieDD2016](http://mdsc.akaraisin.com/BarrieDD2016)

Contact: [Barrie@defeatdepression.ca](mailto:Barrie@defeatdepression.ca)

Proceeds Go To



**Canadian Mental Health Association**  
*Mental health for all*



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