

# Saugeen Awareness Committee

Remember you are never alone

## Remembrance Walk

Saturday October 5, 2019 @ 11am

Starting at the Saugeen Band Office

Ending at the Rec Center

\*Detox, mental health and suicide prevention Information

A Feast will follow at the Rec center

Please dress accordingly & bring water

For any health concerns/restrictions: We ask to walk only what you're capable of.

