



STEP INTO THE LIGHT

Walking to Support Mothers' Mental Health

**SATURDAY
JUNE 24**

JOIN US at **10:30am** for this community walk to raise awareness for parental mental health. Supporting the journey into parenthood one step at a time.

Celgar Pavilion @ Millenium Park

Free yoga, refreshments, Wellness Fair and family fun!

Find us on [Facebook](#) - Search for 'Step Into the Light Castlegar'

Questions? Want to join the wellness fair?

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