

Greater
Prince
William **TRAILS**
COALITION



Prevention Coalition
OF GREATER PRINCE WILLIAM
OUR LIVES. OUR CHILDREN. OUR BEHAVIORAL HEALTH.



**Walk
&
Talk**

Wellness

Sunday, May 9th - Saturday, June 5th 2021

"What does wellness mean to you?"

In honor of National Mental Health Awareness Month and National Trails Day, our community coalitions have partnered to support you with wellness messages for all ages. We hope you will take this opportunity to walk & talk about wellness, scan each QR code to share positive wellness messages, submit photos, win wellness prizes, attend virtual workshops, and learn about local resources and services that can help support you on your journey to wellness!

Visit **www.PreventionCoalitionofGPW.org/Wellness** to learn more!

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***"Every choice,
every breath, is an
opportunity to fuel
tomorrow's
success."***

Visit www.PreventionCoalitionofGPW.org
to enter for wellness prizes all month long!

