



Run Phil Run

MENTAL HEALTH WEEK EVENT MAY 10TH

#RUNPHILRUN

Phil Main from Classic Rock Mornings is pledging to run/walk/crawl 24 km per day during Mental Health Week, May 6 – 10, 2019 in communities across Midwestern Ontario.

Beginning May 6th, 2019, Phil will begin his 120 km journey working alongside the Tanner Steffler Foundation Getintouchforhutch WES For Youth Online and #Lextalkandlisten and CMHA Grey Bruce Mental Health and Addiction Services. The goal is to help raise funds but most importantly, to raise awareness of the importance of good Mental Health. Each organization will host an awareness event in their local communities.

The Canadian Mental Health Association Grey Bruce Mental Health and Addiction Services will be cooking up a BBQ in Kincardine at 865 Queen St, Kincardine, ON N2Z 2Y2. The event starts at 3:00pm.

Questions about Phil's campaign can be directed to runphilrun2019@gmail.com



**Canadian Mental
Health Association**

Grey Bruce

Mental Health and Addiction Services