

YOU ARE ENOUGH

YOU ARE...
KIND
CAPABLE
BRAVE
STRONG
CONFIDENT
SMART

Courses for Connection 5K You Are Enough

It's time to look around & look within- see the power of being you.

Join us for your first mile on May 6th, 2023 from 9am-11am at our free mental health walk.

Pick Your Park:

Beginner Course- Sally Buffalo Trail

Moderate Course- St. Clairsville Memorial Park

Experienced Course- Piatt Park

Details & Registration:

<https://forms.gle/j748KAUXAER2CwFo8>

