



**5K RUN. ONE-MILE WALK.
OUTDOOR FESTIVAL.**

PRESENTED BY



SATURDAY
MAY 13, 2023
2 TO 6:30 P.M.
5K START: 5 P.M.

LARRY AND PENNY THOMPSON
MEMORIAL PARK
12451 S.W. 184TH ST.
MIAMI, FL 33177

Have fun, get healthy, and let's raise awareness for mental health!

Join Jackson Health Foundation for an outdoor family-friendly festival as we raise awareness about mental health issues, and raise funds to support mental health programs and services at Jackson Behavioral Health Hospital.

New this year! Register for our 5K run or one-mile walk.

For more information, visit www.MindYourHealthMiami.org

**REGISTER
TO RUN OR WALK**



JOIN US FOR A DAY OF FINDING YOUR BALANCE



5K RUN

Everyone is a winner with our 5K run! Join a team, register independently, start your own team, or make your company a sponsor!



ONE-MILE WALK

Ease into exercise with our family-friendly course, and gain inspiration and motivation to improve overall health.



VIRTUAL 5K

Can't attend? Join our virtual 5K at a location of your choice on your own time, while supporting mental health awareness.

The Mind Your Health outdoor festival includes an exciting lineup of activities for all ages.

Participate in yoga, meditation, and exercise sessions; relax in our giant beanbag chairs or on your own blankets, while listening to soothing music; and get tips from experts on how to improve your mental health and adapt to a post-pandemic environment.



Be sure to check out our three informational "villages":

EDUCATION VILLAGE

Learn about topics like stress, anxiety, bipolar disorder and more during informational sessions led by experts from Jackson Behavioral Health Hospital and its community partners.

KIDS ZONE

While your kids participate in fun-filled, child-friendly activities, learn how to talk to them about their mental health and find out what community resources are available to you.

NUTRITION VILLAGE

Learn about the connection between good nutrition and mental health, while sampling foods that can help boost mental health.