

Bermuda Mental Health Foundation



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TOGETHER, WE TAKE STEPS TOWARD MENTAL WELLNESS



**SATURDAY
OCT 11, 2025**



**BOTANICAL
GARDENS**

- CHECK-IN: 7:30 A.M
- WARM-UP: 8:00 A.M
- WALK STARTS: 8:30 A.M
- WELLNESS FAIR: 9:30 A.M



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