

# Save the Date!

## 13th Annual Mental Health Awareness Celebration 2026

**Join Us!**

**May 21 2026**

Celebrate May is Mental Health  
Awareness Month!

Come take a walk with us!

Show up, move your body, and be here.

### Event Location

Health & Human Services Building  
300 4th St North  
La Crosse, WI 54601

### Event Schedule

12:00 Noon Welcome

- Mayoral and County Proclamations
- Shining Star Award
- 1 mile Community Walk Downtown
- Refreshments after Walk
- Community Resource Fair, 1-2:30pm

**be here**  
UNPLUG • CONNECT • THRIVE

