



# VETERANS WALKING GROUP

*OPEN TO ALL CURRENT AND FORMER  
SERVICE MEMBERS AND THEIR FAMILIES*

Join this casual, social group of fellow military members for exercise and camaraderie. No registration required, just come as you are.



**BEGINNING NOV. 2, 2022**



**WEDNESDAYS AT 10:00AM  
AT THE BIRCHWOOD MALL**

**THE GROUP MEETS AT THE CAROUSEL BY THE FOOD COURT.**



**St. Clair County  
Community Mental Health**  
*Promoting Discovery & Recovery Opportunities  
for Healthy Minds & Bodies*

[www.sccmh.org](http://www.sccmh.org)



#### **Questions?**

Contact Veteran Navigator, Wendy Martindale  
at [wmartindale@sccmh.org](mailto:wmartindale@sccmh.org) or (810) 966-3755