



Mental Health Monday **WALK**

Meet us at the Seeman Ranch Park pavilion!
The route travels south along the Martin Slough
Trail, around Mountain View Pond,
then back to Seeman Park.



**May 19, 2025
5:30 - 6:30p.m.**

**Seeman Ranch Park
1059 Buckeye Road
Minden, NV 89423**

*One of the most effective
ways to boost mental health
is by spending time in nature.*



**775-783-1510
www.spnawareness.org**



This is sponsored (in part) by Partnership Douglas County,
SAMHSA and/or the Substance Abuse Treatment Agency of Nevada (SAPTA),
and the Douglas County's One Nevada.

