

Mental Health Monday

2026 WALK SERIES

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.

Part 2!

Where:

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

When:

**August 10
5:30p.m.-6:30p.m.**

**September 14
5:30p.m.-6:30p.m.**

**September 28
5:30p.m.-6:30p.m.**

**October 12
5:30p.m.-6:30p.m.**



775-783-1510
www.spnawareness.org

This is sponsored (in part) by Douglas County's One Nevada
and State of Nevada DCFS .

