



SOUTHERN INDIAN HEALTH COUNCIL, INC.

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www.SIHC.org

Out of the Darkness Walk

Date: Saturday, October 24th, 2015

Time: Walker Check-in/Registration: 8:30-10:00AM

Resource Fair and Survivor Activities: 8:30AM

Opening Ceremony: 10:00AM

Event Ends: 12:30PM

Location: NTC Park at Liberty Station

Join SIHC's team to walk 3-5 miles together with family members, friends, and SIHC staff to prevent suicide, raise awareness, and end the stigma that surrounds depression and other challenges.



WALK TO HONOR LOVED ONES
WALK TO SAVE LIVES

Wellness is traditional. **Did you know in the United States a person dies by suicide every 13.3 minutes?** Suicide is a national health problem and Southern Indian Health Council, Inc.'s Kumeyaay Family Services is committed to being a resource to you and your family. Come join us for this walk and join our team to bring healing and show support to those impacted by suicide.

For more information and to register call Julie Wochuk at (619) 445-1188 x200

This program is funded in full by the County of San Diego Prevention and Early Intervention (PEI) Program.

Please note: SIHC reserves the right to photograph the event and activities and utilize the photos for promotion, advertising, or any communication regarding the Clinic. You may request not to be photographed.