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NEWSROOM

PUBLIC RECORDS REQUEST

MEETINGS AND AGENDAS

E-NEWSLETTER

EVENT CALENDAR

Sept. 6, 2013

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Community Wellness Walk set to highlight mental health

SARASOTA COUNTY — Members of the Laurel Osprey Venice Nokomis Community Health Action Team, along with local participants, will take to the streets Saturday, Sept. 21, at 8 a.m. to raise awareness for mental health and wellness. The event is free and open to the public. Registration begins at 7:45 a.m. on the grounds of Summit at Venice, 200 Nassau St. N. in Venice. Walkers donning lime green clothing and ribbons, the color of mental health awareness, will travel down Venice Avenue to Esplanade Avenue and back.

“Although medications have improved, we at Mental Health Community Centers are well aware of the impact of healthy lifestyles and their vital contributions to a person’s recovery from mental illness,” said Carolyn Eagen, executive director of Mental Health Community Centers Inc.

The Community Wellness Walk is designed to promote healthy lifestyles while drawing attention to health concerns facing the community, and foster awareness and build partnerships that positively address health concerns in the area. Through this active display of public support, the LOVN Community Health Action Team intends to help break down the stigma associated with mental illness and get people talking about mental health and wellness, said Eagen.

“Exercise makes one more alert and increases feelings of well-being,” said Dr. David V. Habib Jr., Physician and Researcher, Trustee of Washington University in St. Louis. “It negates emotional pain and negative thoughts. It enhances learning in the post-exercise period. It is a natural mood stabilizer, attitude adjuster and sleep enhancer.”

Information tables will be set up on the grounds of Summit at Venice. Water and light refreshments will be provided. Businesses and other organizations that would like to join the event can contact Blair Monnett, 941-237-1777 or admiss@heritagehealthofvenice.com.

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