

# Walk to the Lighthouse

FOR MENTAL HEALTH & ADDICTIONS



**Saturday October 1, 2022 – 10:00 am**

The Walk to the Lighthouse is sponsored by Equilibrium Burlington in support of Joseph Brant Hospital Foundation to raise funds to support the care received by patients, families and caregivers through Joseph Brant Hospital's in-patient and out-patient Mental Health & Addiction (MH&A) services.

**WALK WITH US:** The walk will depart from the Joseph Brant Hospital parking lot directly beside the Joseph Brant Museum at 10am sharp and we will make our way down the scenic waterfront trail towards the lighthouse and back. Distance to and from the lighthouse (lift bridge) is approximately 5 kilometers.

**DONATE:** Help us raise funds to support in-patient and outpatient Mental Health & Addictions (MH&A) programs at Joseph Brant Hospital. Donate today!

Any donation in lieu of a participation fee is appreciated. All donations are tax deductible.

[www.equilibriumburlington.com/events](http://www.equilibriumburlington.com/events)



In support of



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