

FEBRUARY 12, 2025 | TALLAHASSEE, FLORIDA



VIRTUAL WALK

In honor of Behavioral Health Day 2025, you are encouraged to show your support for the mental health and substance use treatment community by participating in our virtual walk. This initiative is an opportunity for us to come together, raise awareness, and promote overall well-being.

As you know, physical exercise plays a vital role in improving mental health and recovery. A simple walk can have a powerful impact on reducing stress, improving mood, and boosting overall mental well-being. Your participation can inspire others to take action and prioritize their mental health too.

HERE'S HOW YOU CAN GET INVOLVED:

PLEDGE TO WALK

Commit to walking a distance of your choice.

SHARE YOUR PROGRESS

Encourage others to join by sharing your participation on social media by tagging [INSERT ORGANIZATION HANDLE], @Floridabha__ and using the #BHDay

SPREAD THE WORD

Invite colleagues, friends, and family to take part and raise awareness together.

Click
Here or
Scan >



Florida Behavioral
Health Association



FCBH