



SUICIDE PREVENTION AWARENESS NETWORK INC

Tough Times Pass

Bendigo

SUICIDE AWARENESS WALK

Sunday, May 5, 2019

Dai Gum San Chinese Precinct, 1-11 Bridge Street, Bendigo

The Bendigo Suicide Prevention Awareness Network walk on Sunday, May 5, allows people touched by suicide (and those who want to show their support for them) to remember loved ones, friends, work or school mates and to generate more public awareness of the issue of suicide in the Bendigo and Central Victorian communities.

8am: Breakfast for Bendigo Ride4Life riders and SPAN walkers.

9.30am: Live entertainment in Dai Gum San precinct.

Official SPAN T-shirts \$20, caps \$15, bandanas \$8 for sale on the day.

10am: Official welcoming ceremony.

11am: SPAN Suicide Awareness Walk starts (approximately two kilometres).

11.45am: Walk ends at Dai Gum San. Butterfly Remembrance ceremony.

Noon: Free sausage sizzle lunch served and live entertainment.



The SPAN Suicide Awareness Walk will incorporate the **Bendigo Ride4Life** in 2019. The ride raises awareness around mental health issues. More: www.ride4life.org.au

Can you help us?

If you're interested in sponsoring SPAN or have a question about the walk, please email Alannah McGregor on alannah.m.15@gmail.com or call 0408 541 082.



This project is funded through the City of Greater Bendigo Community Grants Program

Learn more about us at www.spancv.org.au or  @SPANcentralvic