

Walk for wellness

+Trekkin' for Trauma

Saturday, November 22

11AM - 2 PM

Montgomery Veteran's Park

235 Harligen Road Montgomery, NJ

Park in Lower Parking Lot



FREE REFRESHMENTS
+ Giveaways and
Resource Tables

Join us for 1/3 mile walk, led by Mayor Singh, Health Educator Sigrid Solis, and 2025 NJ Teacher of the Year Stefanie Lachenauer as we explore how spending time in nature can support our mental health.

**ABOUT
TREKKIN'**
TO HEAL
TRAUMA
WORLD TRAUMA DAY



- In the US, approximately **61% of adults** report experiencing **at least one life-changing, traumatic event in their lifetime.**
- Globally, about **70% of people** will have their lives changed by a traumatic event.
- Exposure to childhood adversity has **broad, long-term consequences**—accounting for **nearly one in three adult mental health conditions.**

LEARN MORE



Join in this global movement—step by step, mile by mile.



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Public Health
Prevent. Promote. Protect.