

What is a Mindful Mile Fundraiser?

Make a donation between now and the end of October (one-time or recurring) to support our Client Assistance Fund, so that those with financial barriers to receive mental health support can start their own Mindful Journey with NewPath.

OR

Join us for a “Mindful Mile” community walk on Saturday October 3 on the beautiful paths of Westwood Hills Nature Center. Join us behind our building, 8401 Wayzata Blvd., Golden Valley, anytime between 8-11 for coffee, juice, or hot cocoa. Be escorted to our pathway entrance as you begin your “Mindful Mile” of reflection and peace. Walk the entire loop around Westwood Lake (1.9 miles) or do an out-and-back for a distance that feels right for you. Enjoy a “sit” for some mindful moments on a bench along the path. PLEASE NOTE: pets are **not** allowed on this City of St. Louis Park Trail.

OR

Go on your very own “Mindful Mile” (solo or with a group) on a favorite trail over the next weeks or month and commemorate it with a donation to our Mindful Mile Fundraiser. Your participation in expanding access to mental healthcare matters!



DONATE