

Mindful Mile

FUNDRAISER

WALK • REFLECT • GIVE HOPE

Join NewPath Mental Health Services this October for the **Mindful Mile** — a simple and meaningful way to care for your own well-being while helping others access the mental health support they need.



MOVE

Take a step for
your health.



REFLECT

Slow down and
be present.



GIVE HOPE

Help make mental
health care accessible
for all.



COMMUNITY WALK

Friday, October 3

8:00 – 11:00 a.m.



Westwood Hills Nature Trail

Access from 8401 Wayzata Blvd

Join us for a relaxed community walk on the beautiful path of Westwood Hills Nature Trail. Walk the full 1.9-mile loop, choose a shorter route, or find a peaceful spot to simply sit and reflect.

Stop by anytime between 8:00 and 11:00 a.m. We'll have coffee, juice, and hot cocoa available before you head out on the trail.



CAN'T JOIN US ON OCTOBER 3?

Take your own Mindful Mile anytime during October.

Walk your favorite trail, around your neighborhood, with a friend or group, or on your own. Your mile doesn't have to look a certain way — it's simply a chance to move, reflect, and give hope.

*Same purpose.
Different paths.*



SCAN ME

SUPPORT THE CAUSE

Make a one-time or recurring donation to support the Client Assistance Fund.

DONATE TODAY >

*Every step
helps someone
access hope.*



Generosity

Makes a difference.



Reflection

Brings peace.



Community

Builds stronger communities.

TOGETHER, WE CAN REMOVE BARRIERS AND CREATE A HEALTHIER, MORE HOPEFUL COMMUNITY.