



# Kingston Defeat Depression 2021

## Virtual Walk & Talk Fundraiser



TOGETHER WE CAN #DEFEATDEPRESSION!

Scan to Register


REGISTER to join us on  
Saturday, May 29, 2021  
Participate from Home




This year's participants are encouraged to PARTICIPATE VIRTUALLY.  
Walk, run, ride, or you choose your own activity.  
Help us support mental health and de-stigmatize mental illness.

Register Here:

[Kingston.DefeatDepression.ca](http://Kingston.DefeatDepression.ca)

 @Kingston.DefeatDepression

 @kingstondefeatdepression

Proceeds of this event support:



417 Bagot St,  
Kingston, ON  
K7K 3C1  
P: (613) 549-7850



Mood Disorders Society of Canada  
La Société Pour Les Troubles de L'Humeur du Canada

\*Further details at [defeatdepression.ca](http://defeatdepression.ca)

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