

# Out of the Shadows

A walk to remember those lost to suicide

**DATE:** SATURDAY 10 SEPTEMBER 2022

**LOCATION:** Meet at East Shores Parklands  
(main entrance)

**TIME:** 5.00am to 8.00am



Join us in walking for remembrance for those lost to suicide and to raise awareness in the prevention of suicide.

**A WALK of HOPE.**

Questions?

Call Debbie from Gladstone Suicide Bereavement Support Group on 0429 794 184 or Mark from Ride4Lives on 0408 871 131

**This is a family event. Stay for breakfast & a chat afterwards.**

Find "Ride4Lives" on  
Facebook or our website  
[www.ride4lives.org](http://www.ride4lives.org)

 **Lifeline** Saving Lives  
Crisis Support. Suicide Prevention.

