

# Out of the Shadows

**A walk to remember those lost to suicide**

**DATE:** Sunday 17th September  
**LOCATION:** East Shores Parklands - Main Entrance  
**TIME:** 5:00am - 8:00am

## A WALK OF HOPE

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

This is a family event.

Please stay for breakfast and a chat after the walk.

For any further information:

Call Debbie from Gladstone Suicide Bereavement Support Group on  
**0429 794 184**

Scan the QR Code to take you to our Ride4Lives Facebook or find us at [www.ride4lives.org](http://www.ride4lives.org)

