



# CITY OF BALDWIN PARK

## Press Release

### For Immediate Release

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## Baldwin Park Raises Mental Health Awareness with 5th Annual Run/Walk/Bike

**BALDWIN PARK, CA** — The City of Baldwin Park is excited to host its fifth annual Mental Health Awareness Run/Walk/Bike on Saturday, May 17. The event, which recognizes Mental Health Awareness Month, will begin at 9 a.m. at Morgan Park (4100 Baldwin Park Blvd) with a 1-mile community walk/run/ride, followed by a concert and vendor fair in the park.

“We’re proud to bring our community together for the fifth year to shine a light on mental health,” said Baldwin Park Mayor Alejandra Avila. “In Baldwin Park, we believe that mental health is just as important as physical health, and this event is a reminder that support, connection and awareness can make a real difference.”

No registration is required and attendees of all ages and backgrounds are encouraged to walk, run or bike the one-mile journey and participate in the day’s activities. All participants will receive participation medals as a token of appreciation for their involvement. Following the run/walk/bike event, there will be a vendor fair from 9 a.m.-12 p.m. at Morgan Park, featuring informational booths, food and live music. The band Sangria will be performing from 10 a.m.-12 p.m.

As a part of its ongoing advocacy for mental wellness, the City of Baldwin Park understands the value of community engagement in raising awareness about mental health. Various businesses and supporting organizations will be present, and resources from the California Mental Health Connection will be available, along with other information regarding the City’s mental health resources.

“I encourage members of our community to check in on their loved ones and those who are struggling with their mental health to reach out for help and utilize the many resources available in our community,” furthered Mayor Avila. “Remember, you are not alone. Together, we can build a stronger Baldwin Park where every resident is happy, healthy and supported.”

The City looks forward to seeing its residents on May 17 to support mental health awareness efforts and promote community well-being.

For more information, please contact (626) 813-5245, Ext. 311.

## **About the City of Baldwin Park**

Baldwin Park is a nearly seven-square-mile, suburban community of 72,000 residents in the heart of the San Gabriel Valley. As the hub of the San Gabriel Valley, Baldwin Park is known for its ease of access and mobility, young and diverse residents, and vibrant, growing business community. For more information, visit [baldwinpark.com](http://baldwinpark.com) or follow Baldwin Park on Facebook (@BaldwinParkCAGov), Instagram (BaldwinPark\_CAGov), and Twitter (BaldwinParkCA\_).

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