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**Greater
Prince
William** **TRAILS**
COALITION

Mental Health Awareness Month Trail Walks

May is a big month for recognition. Not only are we celebrating National Mental Health Awareness Month, it is also National Moving Month, Biking Month, and Asian American and Pacific Islander Heritage Month. We have a whole month of trail exploring brought to you by the Prevention Coalition of Greater Prince William and Prince William Trails and Streams Coalition. This creative collaboration between coalitions was also facilitated by GPWTC.

From the beginning of National Prevention Week on Sunday May 9th until National Trails Day on Saturday June 5th, these coalitions invite you to walk & talk about wellness, share positive wellness messages on the Prevention Coalition's community wellness board and submit trail photos for a chance to win wellness prizes (some donated by partners A-1 Cycling and REI). They are also offering online workshops, and information on local resources and services that can help support you on your journey to wellness! Check them out [online](#).

Look out for QR codes with links to wellness messages at the following trails:

1. Blooms Park (Manassas Park)
2. Winter's Branch Trail (City of Manssas)
3. Bristoe Station (Bristow/Linton Hall)
4. Long Park (Gainesville)
5. Andrew Leitch Trail (Dale City)
6. Broad Run Trail (Braemar/Bull Run)
7. Occoquan Greenway (Lakeridge Park)
8. Chinn Park (Woodbridge)
9. Neabsco Boardwalk (Woodbridge)

Try participating in as many National Month celebrations by heading to one of the trails above, practicing wellness, biking trails, or bringing along a book to

open your eyes to Asian American Pacific Islander heritage (recommendations). It is also National Lyme Disease Awareness Month so don't forget to bring a lint roller for your clothes and do a thorough check for ticks after your excursion.

8 OUTDOOR

activities to boost wellbeing



1. Do some gardening



2. Discover new walks



3. Nature spotting



8. Get crafty



7. Practice mindfulness



6. Have a picnic



5. Take your workout outside



4. Forage for fruit and flowers

Upcoming Events

- Sunday, May 9 to Saturday, May 15 - National Prevention Week
- Friday, May 21 - National Bike to Work Day
- Saturday, June 5 - National Trails Day

Upcoming Meetings

- Thursday, May 13 @ 3:30p.m. - Communications Committee Meeting
- Tuesday, May 18 @ 10a.m. - Steering Committee Meeting
- Thursday, June 17 @ 10a.m. - Greater Prince William Trail Coalition Quarterly Meeting

We'd love to share your news with the coalition!
To submit events or provide information for the newsletter, email
info@gpwtrails.org.



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