

The Stigma of mental illness is a major barrier to treatment worldwide. Following the 2017 "Crazy" 1500 km walk from Pretoria to Cape Town, the 2018 Crazy for Walking initiative will be bigger and better.

## CRAZY FOR WALKING EVENTS 3 – 10 OCTOBER 2018

### **BLOEMFONTEIN:** **RIEMLAND CHALLENGE**

Walk the Walk – Free State.

**HOSTS:** Bloemcare, Nurture Health  
Corona, Victoria Gardens &  
Woodlands

**CONTACT:**  
Suzane Wille  
suzane@crazyforwalking.co.za

### **CAPE TOWN:** **TABLE MOUNTAIN CHALLENGE**

Living with mental illness is often like  
having to walk a mountain.

**HOST:** Crescent Clinic

**CONTACT:**  
Marlene vd Berg  
marlene@crazyforwalking.co.za

### **MALL WALK CHALLENGE**

Walking challenges in Cape Town  
malls.

**HOST:** Life Path Health Group

**CONTACT:**  
Natalie Winterbach  
natalie@crazyforwalking.co.za

### **PRETORIA:** **UNION BUILDING CHALLENGE**

Crazy walk around the Union  
Buildings.

**HOSTS:** Denmar & Vista Clinic

**CONTACT:**  
Wikus Lambrechts  
wikus@crazyforwalking.co.za

### **KEY CONTACTS**

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www.crazyforwalking.co.za

### **FOLLOW US:**



### **MENTAL WELLNESS EDUCATION**

**Happiness**  
**HELPS**

**WEBSITE**  
www.happinesshelps.co.za

### **MAKE YOUR WALK COUNT - DOWNLOAD THE APP**



**CRAZY**  
for **WALKING**



### **Proud hosts of Crazy for Walking**



Break the stigma

# CRAZY SOCKS DAY

## 10 OCTOBER

International World Mental Health Day

Wear your craziest pair of socks.

Post your photos on the Crazy for Walking Facebook page



CRAZY  
SOCKS  
DAY

10 OCTOBER

[www.crazyforwalking.co.za](http://www.crazyforwalking.co.za)

@crazyforwalking  
#CrazyforWalking  
#CrazySocksDay

BUY YOUR  
CRAZY SOCKS

Pretoria: Denmar Hospital  
[wikus@crazyforwalking.co.za](mailto:wikus@crazyforwalking.co.za)

Pretoria: Vista Clinic  
[jolandi@crazyforwalking.co.za](mailto:jolandi@crazyforwalking.co.za)

Bloemfontein: Bloemcare  
[suzane@crazyforwalking.co.za](mailto:suzane@crazyforwalking.co.za)

Cape Town: Crescent Clinic  
[marlene@crazyforwalking.co.za](mailto:marlene@crazyforwalking.co.za)

Cape Town: Life Path Health  
[natalie@crazyforwalking.co.za](mailto:natalie@crazyforwalking.co.za)

Online: [www.peaceofafrika.co.za](http://www.peaceofafrika.co.za)

or wear any other crazy socks

CRAZY  
for WALKING™

