

# 8TH ANNUAL RUCK MARCH



SEPTEMBER 2024 IS SUICIDE AWARENESS MONTH

**MAKE A DIFFERENCE!**

COMPLETE A 22 KM MARCH WITH OR WITHOUT A  
RUCK SACK\* TO RAISE FUNDS FOR LOCAL VETERANS!

\*RUCK SACK SHOULD BE 22 POUNDS



**988**  
SUICIDE  
& CRISIS  
LIFELINE

ROLLINS SAVANNAH FOREST PRESERVE - 9:00 AM

20160 WEST WASHINGTON STREET, GRAYSLAKE, IL 60030

**SEP**

**14<sup>th</sup>**

**2024**

<https://bit.ly/3QS6Ckc>

OR YOU CAN PARTICIPATE VIRTUALLY FROM SEP. 1 - 22

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