

Initial notes

Find a buddy,

what to do, why we are doing all of this, walk and talk

questions for the walk and talk

compile questions

awareness on environment

Green nice colour.

about mental health awareness why are we doing this

Project Overview

Walk & Talk is a community mental health initiative that combines nature walks with social connection to promote mental wellness during Mental Health Awareness Week. The project aims to create an accessible, judgment-free environment where people can improve their mental and physical health through guided nature walks and meaningful conversations.

Event Details

- **Event Name:** Walk & Talk for Mental Health Awareness Week
- **Date:** Saturday, August 16, 2025
- **Time:** 8:00 AM - 11:00 AM
- **Location:** Shah Alam Community Forest Trail
- **Registration:** Free, all ages welcome

Project Goals

1. Promote mental wellness through accessible, guided nature walks
2. Improve physical and mental health through nature connection
3. Reduce stress and social isolation
4. Foster community connections

5. Raise awareness about mental health
6. Encourage environmental consciousness