

"Colombo Hosts 'Walk for Wellness' Marathon"

March 28, 2019



Colombo, Sri Lanka - In a remarkable show of unity and support for mental health, Colombo hosted the "Walk for Wellness" marathon. Thousands of participants joined the event, walking through the city to raise awareness about mental health issues and promote physical activity as a means to reduce stress and anxiety. The marathon's success led to the establishment of an annual tradition, with each year's event drawing more participants and encouraging discussions about emotional well-being.