

BINGHAM WALK 4 HOPE

WHAT: 3 mile walk with informational rest stops at South Jordan Middle and Jordan Ridge Elementary

WHEN: 9am Saturday, May 4, 2024

WHERE: Bingham High School Main Entrance

WHY: To help Bingham High School's Hope Squad promote healthy minds, healthy bodies, and to highlight the fact that **together** we are **A Force Of 1 For the 1!**



According to a 2023 study conducted by the Utah Dept of Health & Human Services, "27% of Utah students in grades 8, 10, and 12 **reported experiencing serious mental illness**. Students were also asked social isolation questions and reported the following: **14.2% felt moderately socially isolated** and **9.2% felt severely socially isolated**. Additionally, **7.3%** reported having **attempted suicide** in the past year and **18.9%** reported having **seriously considered attempting suicide** in the past year."

HOW CAN I PARTICIPATE and/or HELP:

- Please print and complete this [form](#) then bring it with you on May 4th.
- We are looking for Community booths that promote healthy minds and bodies!
 - Services – such as massages, essential oils, self care items, blankets, etc.
 - Packaged water/drinks and snacks
 - White helium filled balloons
- Any and all donations are welcome!

Please reach out to Rene' Bair if you would like to donate (deepika.bair@jordandistrict.org)

We appreciate your support!

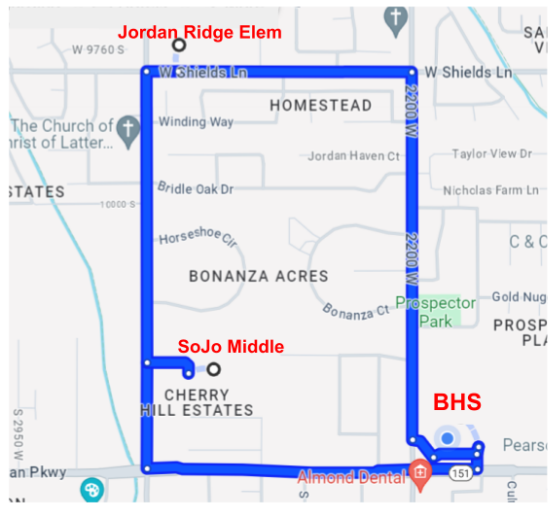
WHAT CAN I EXPECT:

Walk Route:

Bingham High School to South Jordan Middle to Jordan Ridge Elementary and back to Bingham High School.

3 miles total

9am - 11 am



- ★ Break the stigma surrounding mental health!
- ★ Find resources for you, or someone you love, to have a healthy mind and body!
- ★ Have fun walking and talking with your family and friends!
- ★ Make new friends!
- ★ Meet the Bingham Hope Squad!
- ★ Meet the Bingham High School Football players!
- ★ Buy one of a limited number of shirts available for purchase at \$5 each!