



HEART & SOUL 2023

ANNUAL PICNIC

*** Sunday, August 20, 2023 ***

11:00 am to 3:00 pm

San Mateo Central Park

50 East 5th Ave at El Camino Real, San Mateo, CA

Celebrating Our

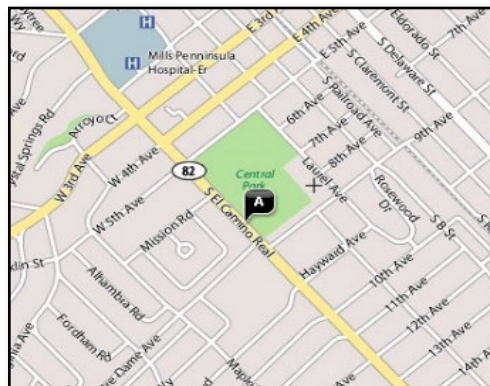
Mental Wellness Community

**Join us to celebrate our Recovery Community
with a day of great food, fun, games and good friends!**

*** BBQ * Games * Door Prize RAFFLE * BINGO ***
*** PRIZES * Good Eats * ART * Yoga ***
*** Community * RECOVERY * Fun ***



For information
Visit Heart and Soul's Website:
www.heartandsoulinc.org



**Parking is limited.
Please use public
transportation, or
car-pool if possible**

samTrans

ECR Route