

# S.T.R.O.N.G.

## SUMMIT

Supporting Togetherness, Resiliency,  
Opportunity, Networking, and Growth



**Thursday, May 18, 2023**

**Durant-Dort Factory One | 303 W. Water Street, Flint**

Join us for the 2023 S.T.R.O.N.G. Summit, a day focused on mental health, learning, connecting, and growing together as a community. This FREE event is open to all Genesee County residents and will feature dynamic speakers, informative breakout sessions, unique excursions, and a celebratory evening reception.

### Activities Include:

- Mindful kayaking, hiking, and biking
- Self-preservation station
- Urban garden project and tour
- Racial healing circle

### Topics Include:

- Mindfulness
- Self-preservation
- Community-based violence prevention
- Mental health

For more details and to register, visit [flintrecast.org/strong-summit](https://flintrecast.org/strong-summit).

