

# Join us for National Grace Trail Month



This May, we're celebrating National Grace Trail Month and Mental Health Awareness Month by inviting local businesses, organizations, and community groups to host an event, group walk, or meetup on the trail.

Join the Nationwide Movement!

## What is Grace Trail?

Did you know that Grace Trail isn't just a place—it's a practice? Whether you're walking one of our ten licensed trails or using a Grace Trail Kit to create your own trail, you can access Grace anytime, anywhere.

Grace Trail is a simple five-step process based on **G**ratitude, **R**elease, **A**cceptance, **C**hallenge, and **E**mbrace—guiding you to reflect, reset, and find clarity in real time.



## Be a Part of National Grace Trail Month

This May, we invite local businesses, organizations, and community groups to bring people together on Grace Trail or create a trail at your own location.

Whether you host a formal event or simply encourage your team, customers, or community members to walk a trail, your participation helps create a ripple effect of hope, resilience, and connection.



### Have an idea?

Contact Anne at [anne@gracetrail.com](mailto:anne@gracetrail.com) to secure your spot on the calendar!



## Walk a Grace Trail® Near You

Grace Trails are blooming in communities across the country — offering beautiful spaces where individuals, groups, and organizations can come together for reflection, connection, and well-being.

Don't see a trail nearby? You can still walk the Grace Trail principles anywhere — in your neighborhood, local park, schoolyard, or even your own backyard. The spirit of Grace Trail is wherever you take a step with hope and reflection in your heart.