



NAMIWalks

2019

National Alliance on Mental Illness

**Saturday,
May 11, 2019**

Sawyer Point—Kroger Promenade

**Join us in our walk to end the
stigma against mental illness
and raise awareness!**

Walking is free!

Walk Start Time: 10:00 am

SE IN Walkers wear lime green if you can

Distance: 5 K (Optional Shorter Route)

- NAMIWalks is a rain or shine event. It's a beautiful landscaped walk along the Ohio River.
- **SECOND ANNUAL AFTER-PARTY** in the Park featuring live music and family fun activities. Food available for purchase! A portion of proceeds support NAMI Southwest Ohio!
- Each Registered Walker who raises \$100 or more will receive a NAMIWalks event T-shirt.
- NAMIWalks is a nationwide fundraising and mental health awareness program.
 - Held in more than 88 communities around the country in 2018.
 - Offers support and services to hundreds of thousands of individuals and families across the country affected by serious mental illness.
- There is no walker registration fee for the NAMIWalks.
 - All Registered Walkers are encouraged to ask family members, friends, co-workers and business associates to click on their 'shareable link' and donate in support of their participation in the Walk.
- Funds collected by Registered Walkers will be used to fund NAMI's programs here locally.
 - These programs include support, education, research and advocacy involving schizophrenia, bipolar disorder, major depression, obsessive-compulsive disorder, anxiety disorders, and other mental illnesses.
- To join our Southeast IN Walkers team, go to 'nami.behavioralhealth.us/walk' and click on the JOIN OUR TEAM button. You can register as a virtual walker if you would like to support us and are unable to attend the walk in person.



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**Southeast
Indiana**