



*From coast to coast, thousands will walk this year to promote hope, treatment, and recovery*

## SAN DIEGO COUNTY NAMI WALK

### Create a Walk Team!

The success of the San Diego County NAMI Walkathon is through the establishment of walk teams. The formation of your team will help spread the awareness about the work NAMI does for the mental health community.

### The Event

NAMI Walks for the Mind of America is a day that seems almost magical, with over a thousand people coming together to learn more about mental illness, develop stronger ties with one another, and celebrate a beautiful day with friends and loved ones.

### The Reason

NAMI (National Alliance on Mental Illness) is a grassroots organization that supports family members and consumers in their struggle towards improved mental health. One in five people will be treated for a biological brain disorder at some point in their life. NAMI Walks for the Mind of America, the annual NAMI San Diego County fundraiser, is a big part of the solution. Financial support that NAMI receives from the Walk is used for its programs that increase mental health recovery and reduce stigma.

Register today as an individual or create a team!

5K WALK/RUN \* SATURDAY, APRIL 19, 2008 \* BALBOA PARK \* 6<sup>TH</sup> & LAUREL

### **Register Today**

619-584-5564

[www.namiwalksandiego.org](http://www.namiwalksandiego.org)

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### **Race Features:**

- \* T-Shirts to participants who raise \$100 or more
- \* Prizes for the top fundraisers
- \* Music and Entertainment
- \* Health/Resource Fair

