

*Get involved
With
NAMI Walks
to Stomp Out
Stigma!*

SAVE THE DATE!!

May 18, 2013

*At Baltimore's Inner
Harbor*

SIGN UP TO BE A TEAM CAPTAIN TODAY AT: WWW.NAMIWALKS.org/Maryland

There's no registration fee!



NAMI Walks has become the largest national mental health awareness event and one of the fastest growing programs of it's kind. Across the country, NAMI Walks raises much needed money to fund state and local NAMI education and support programs, including the Walk right here in Maryland. These walks will raise millions of dollars in 2013 for NAMI and the mental health services it provides to thousands of families across the country.

All the funds collected by Walkers will be used to fund NAMI's programs in Maryland. Proceeds from NAMI Walks help us offer essential, practical education and support at no cost to our local community through programs like:

- NAMI Peer-to-Peer courses
- NAMI Family-to-Family education programs
- NAMI Support Groups

Get your coworkers, family and friends to sponsor you or join your team and walk with you! Together we can stomp out the stigma of mental illness.

**For sponsorship & volunteer opportunities,
Email: Walk Manager, Ashley Haynes
ahaynes@namimd.org**

