



INFORMATION SHEET ON THE NORTHERN ARIZONA WALK

DATE: OCTOBER 10, 2009 LOCATION: BUFFALO PARK, FLAGSTAFF
WALKER CHECK-IN TIME: 9:30 AM OFFICIAL WALK START TIME: 11:00AM
DISTANCE: 2.3 MILES

- The **NAMIWALKS for the Mind of America** is a nationwide fundraising and mental health awareness program that is being held in more than 80 communities around the country in 2009, including right here in **northern Arizona (Flagstaff)**. It is expected that these walks will raise approximately 9 million dollars in 2009 for NAMI and the mental health services it provides to thousands of families across the country.
- There is no walker registration fee for the Walk. All participants are encouraged to collect donations from family members, friends, co-workers and business associates in support of their participation in the Walk.
- All the funds collected by Walkers will be used to fund NAMI's programs here in **northern Arizona**. These programs include support, education, research and advocacy involving schizophrenia, bipolar disorder (manic depression), major depression, obsessive-compulsive disorder and severe anxiety disorders.
- All walkers raising \$100 or more will receive a **NAMIWALKS for the Mind of America** event T-shirt. Walkers will also receive additional incentives prizes based on the amounts that they raise up to \$5,000 or more.
- Companies, organizations and families are encouraged to organize teams of walkers made up of employees, organization members, relatives and friends to take part in the Walk.
- Teambuilding and fundraising materials will be given out to team captains at a special kickoff event that will be held approximately 8 weeks before the Walk.
- **NAMIWALKS for the Mind of America** is a rain or shine event.
- Anyone interested in information on how his or her company or organization can get involved or sponsor the Walk should contact **Rachel Peterson** at the **NARBHA/NAMI** office at (928)774-7128. To register as a walker or team, go to www.nami.org and click on [NAMI Walks](#).