



WALK FOR HEALTHY MINDS, HEALTHY BODIES
Saturday, October 3, 2009, at Veteran Acres Park in Crystal Lake

Volunteer Sign-Up Form

Please indicate your interest in helping with the NAMI Walk for Mental Illness Awareness.

- I would like to volunteer to work the day of the Walk:
 - Setting up
 - Registering walkers
 - Serving refreshments
 - Cleaning up after the walk
- I would like to help get other people and businesses involved.
- I would like to help promote the Walk by scheduling a presentation at a work place, group, or organization.
- I would like to sell ads for the Walk Booklet.
- I would like to help with personalized letter writing or an e-mail campaign.
- I would like to help in other ways: _____
- I would like to support NAMI-MC's one fundraising effort of the year by making a tax-deductible donation of: \$_____. A receipt will be sent to you after the walk.

Full Name (print) _____
Address _____
Phone _____ E-mail _____

Return form by mail or fax to:
NAMI McHenry County Walk
5320 Elm Street
McHenry, IL 60050
Fax: 815-344-8335

A NAMI McHenry County Benefit: We walk for hope and recovery.