



- Educational Exhibits
- Face Painting
- Entertainment
- Bottled water/refreshments

Schedule

9:30 – 10:30 a.m.

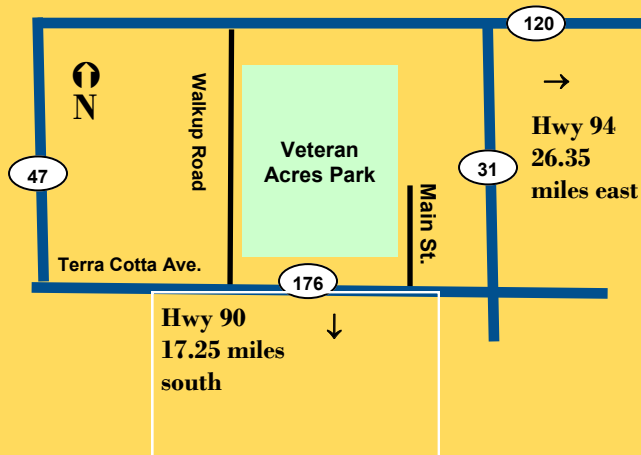
- Check in and on-site registration
- Turn in remaining donations and waivers.

10:30 a.m.

- Welcome

11:00 a.m.

- 5 K Step Off
- 1 mile Step Off



Everyone knows someone... ...Who do you know?

This is how you can help.

Mental illness affects one out of five people in Illinois and almost every family in America.

Serious brain disorders such as schizophrenia, bipolar disorder, and depression can take a toll on families emotionally as well as financially. Please join our efforts to raise awareness and reduce the stigma associated with mental illness.

Your participation in this important event will promote awareness and help NAMI-MC to maintain its mission to improve the quality of life for those whose lives are affected by mental illness through support, education, and advocacy. NAMI-MC programs include:

- Free education and support group programs for individuals, families and communities
- Resource referral
- Training for NAMI-MC teachers and group facilitators
- Business and community presentations



Veteran Acres Park is designated as an Illinois Nature Preserve. The unique prairie land with its rolling terrain, oak savanna, and conifer groupings, is home to several rare and endangered plant and animal species. Picnic facilities available.



10th ANNUAL Walk

MENTAL HEALTH AWARENESS WALK



October 1, 2011

Veteran Acres Park

431 N. Walkup Road
Crystal Lake, IL