

MENTAL HEALTH AWARENESS WALK

Everyone knows someone...Who do you know?

This is how can you help.



Saturday, October 1, 2011

**Veteran Acres Park
431 North Walkup Road
Crystal Lake**

**Distance: 5 km (3.1 miles)
1 mile option available**

Team up with your family, friends, and co-workers.

Your participation will raise funds to:

- ◆ **Create awareness & increase understanding**
 - ◆ **Eliminate stigma**
- ◆ **Offer community education and support programs throughout McHenry County**

Participate by walking, sponsoring a walker, volunteering, or just drop by, meet new people, and enjoy the activities.

- Educational Exhibits
- Entertainment
- Bottled water/refreshments

Schedule

9:30 – 10:30 a.m.
Check in and On Site
Registration

10:30 a.m.
Welcome

11:00 a.m. – 1:00 p.m.
5 K Step Off
1 Mile Step Off

Registration

Web site:
www.namimchenrycounty.org

Phone: 815-344-8300

Fax: 815-344-8335

Preregistration Cut Off:
September 22, 2011

On Site Registration

The first 100 registered online are guaranteed a baseball hat.