



National Alliance on Mental Illness

nAMI

Walks

2017

#StigmaFree



Saturday, October 28th

Check in: 8:30am Walk at: 10:30am

Diamond Valley Lake Marina • 2615 Angler Ave, Hemet, CA 92545

Parking is \$5.00. Event is at the Marina which is up the hill. Follow the signs.

The Lake does not allow any dogs except service dogs.

National NAMIWalks Elite Sponsor



National Walk Partner



National NAMIWalks Sponsor

IT'S TIME TO BUILD YOUR TEAM!

Join us to have fun with your office friends and family and support efforts to build better lives for the millions affected by mental illness.

Winning Steps to Building a Team:

1. **Create your team.** Visit namiwalks.org/InlandEmpire to register your team. Make sure to include a welcome message, pictures and videos.
2. **Lead by example.** Create a personal web page and encourage your teammates to do the same.
3. **Talk about it.** Tell your story or have friends and family tell theirs to inspire others to join your team.
4. **Promote it.** Use posters, personal letters, email and social media tools to build your team and secure donations.
5. **Brand your team.** Create a team name, design t-shirts or other clothing accessories.
6. **Encourage competition.** Support friendly competition between departments or companies and offer incentives.

REGISTER TODAY:

www.namiwalks.org/InlandEmpire

For more information contact:
namiwalksinlandempire@gmail.com
(951) 765-1850



Scan with your
smart phone
to register online!