



NAMI Walks



National Alliance on Mental Illness



2010 Valley Walk
Sunday, March 28, 2010
Tempe Town Lake
Registration opens at 12:00pm
Walk starts at 1:00pm

Every journey begins with a step...

Surging across America, raising community awareness!

NAMI Arizona is a grassroots organization of individuals and families whose lives are affected by mental illness. Through education, advocacy, and support, we strive to eliminate the pervasive stigma of mental illness, effect positive changes in mental health services, and increase the public and professional understanding of mental illness.

2010 will mark the 8th anniversary for NAMI Walks. Last year, NAMI Walks raised over \$8,500,00.00 with more than 117,000 walkers nationwide participating in 74 cities.

The 2010 Valley Walk is expected to raise approximately \$200,000 with support of over 3,500 registered walkers. Live entertainment, local vendors and family fun for all! Get registered today; visit our website at [VALLEY WALK!](http://VALLEYWALK!)

NAMI Walks is a perfect opportunity for consumer and family advocates to engage in a community wide conversation about the truths of mental illness and recovery. With increasing interest and attendance, we are now beginning to dispel the myths around mental illness as we reach more members of our community with these positive messages.

The Valley Walk is NAMI Arizona's annual fundraiser. We encourage you to engage your family, your friends and your co-workers. Your support will allow NAMI Arizona and our 11 affiliates to continue to be Arizona's Voice on Mental Illness. For more information, please contact my office at 602.244.8166 or via email at lpleasant@namiaz.org.

Please help us make a difference!

Leila Pleasant

Development Director, NAMI Arizona

