

Dear Friends and Family,

I'm writing to tell you about an important upcoming WALK that I'm participating in.---

NAMIWalks for the Mind of America:

the National Alliance for Mental Illness's signature walkathon event that is being held in Ventura on April 30, 2011.

I have decided to join this Walk and support NAMI Ventura County. WHY? Because mental illness strikes almost every family. Yet, because of the stigma attached to it and the discrimination that surrounds it, it is difficult to find and secure appropriate assistance for those who are ill and their caretakers. NAMI assists those in need FREE of charge.

Today, NAMI needs your help more than ever to continue offering its critical services. I would like to ask you to come and walk with me or to donate to support my participation in this great event. Visit my personal walker page to sign up or to make a contribution: <http://www.nami.org/namiwalks11/VEN/xxx> (insert your link).

Donating online is fast and secure, and I'll get immediate notification via e-mail of your donation. NAMI is a 501(c)3 charity; your donation is tax deductible.

Thanks in advance for your support.

All the best,
Your name