



nami Walks



National Alliance on Mental Illness

FUNDRAISING MADE EASY:

How to raise \$500 in 7 days!

- 1** Sponsor yourself first\$25
- 2** Ask 4 family members to sponsor you for \$25 each\$100
- 3** Ask 5 co-workers to contribute \$15 each\$75
- 4** Ask 5 friends to contribute \$20 each\$100
- 5** Ask 5 neighbors to sponsor you for \$15 each\$75
- 6** Ask your boss for a company contribution of \$50\$50
- 7** Ask 3 businesses you frequent for a donation of \$25 each\$75

...it's that easy.