



**National Alliance on Mental Illness**

**WALK DATE:** Saturday, October 10, 2009  
**WALK LOCATION:** Auditorium Shores on Town Lake  
**WALKER CHECK-IN TIME:** 8:00 a.m.  
**OFFICIAL WALK START TIME:** 9:00 a.m.  
**WALK DISTANCE:** 5K  
**WEBSITE:** [www.nami.org/namiwalks/TX/Austin](http://www.nami.org/namiwalks/TX/Austin)

- *NAMIWALKS For the Mind of America* is a nationwide fundraising and mental health awareness program that is being held in more than 70 communities around the country in 2009, including right here in Austin, Texas. It is expected that these walks will raise approximately 8 million dollars in 2009 for NAMI and the mental health services it provides to thousands of families across the country.
- There is no walker registration fee for the Walk. All participants are encouraged to collect donations from family members, friends, co-workers and business associates in support of their participation in the Walk.
- All proceeds from the Walk will be used to fund NAMI's programs. These programs include support, education, and advocacy involving schizophrenia, bipolar disorder (also known as manic depression), major depression, obsessive-compulsive disorder and severe anxiety disorders.
- All walkers raising \$100 or more will receive a *NAMIWALKS For the Mind of America* event T-shirt.
- Companies, organizations and families are encouraged to organize teams of walkers made up of employees, organization members, relatives and friends to take part in the Walk.
- Teambuilding and fundraising materials will be given out to team captains at a special Kick-Off Luncheon to be held in August, 2009.
- *NAMIWALKS For the Mind of America* is a rain or shine event.
- There is a wide range of corporate sponsorship opportunities available to local companies and businesses relating to the Walk. Anyone interested in information on how his or her company or organization can sponsor the Walk should contact the NAMI Austin office at 512-420-9810 or send an e-mail to Margie Gardner at [namiwalks@namiastin.org](mailto:namiwalks@namiastin.org).