



nAMI Walks



National Alliance on Mental Illness • Saturday, October 10, 2009 • Austin, TX



- Live Music with Lonnie and The Texas Connection begins at 8:00 AM and continues for an hour after the Walk**
- 8:00 AM - On-site Registration; For those already registered, please check in with your Team Captain;**
 - Get your Team Photo taken, Face Painting for the kids**
- 8:30 AM - Pre-Walk Warm up with Caroline McCarter of YogaRX**
- 9:00 AM - Brief Program followed by 5K Walk**
- Raffle Drawing to be held following Walk; Tickets are \$5 each and will be available to purchase at the Walk;**
- List of prizes posted online at www.nami.org/namiwalks/TX/Austin**