



**NAMI WALKS**

★ ★ ★ ★ ★ FOR THE MIND OF AMERICA



**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.**