



National Alliance on Mental Illness

## INFORMATION SHEET ON Virginia WALK

DATE: Saturday October 3, 2009    LOCATION: Innsbrook Glen Allen, VA  
WALKER CHECK-IN TIME: 9:30am    OFFICIAL WALK START TIME: 10:30am  
DISTANCE: 5 Kilometers

- The **NAMIWALKS for the Mind of America** is a nationwide fundraising and mental health awareness program that is being held in more than 80 communities around the country in 2009, including right here in Virginia. It is expected that these walks will raise approximately 9 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 the funds collected by Walkers will be used to fund NAMI's programs here in Virginia. These programs include support, education, research and advocacy involving schizophrenia, bipolar disorder (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. Walkers will also receive additional incentives prizes based on the amounts that they raise up to \$5,000 or more.
- 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 kickoff event that will be held approximately 8 weeks before the Walk.
- **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 Farleigh Fitzgerald at the NAMI office at 804-285-8264 ext. 202 or [ffitzgerald@nami.org](mailto:ffitzgerald@nami.org).

[www.nami.org/namiwalks/VA](http://www.nami.org/namiwalks/VA)