



2018

Save the Date!

#StigmaFree

Saturday, October 27, 2018

Diamond Valley Lake Marina,

2615 Angler Ave., Hemet, CA 92545

National NAMIWalks Elite Sponsor



National Walk Partner

Join us at NAMIWalks Inland Empire as we raise awareness & funds for our mental health programs and support services:

**Family Education & Support | Peer Education,
Support & Speaker's Bureau | Anti-Discrimination & Advocacy**



National Alliance on Mental Illness

NAMI Mt San Jacinto
PO Box 716
San Jacinto, CA 92583

Place
Stamp
Here

It's time to build your team! Join us to have fun with your friends and family and support efforts to build better lives for the millions affected by mental illness.

Winning Steps to Building a Team:

- 1. Create your team.** Visit www.namiwalks.org to register your team. Make sure to include a welcome message, pictures and videos.
- 2. Lead by example.** Create a personal web page and encourage your teammates to do the same.
- 3. Talk about it.** Tell your story or have friends and family tell theirs to inspire others to join your team.
- 4. Promote it.** Use posters, personal letters, email and social media tools to build your team and secure donations.
- 5. Brand your team.** Create a team name, design t-shirts or other clothing accessories.
- 6. Encourage competition.** Support friendly competition between departments or companies and offer incentives.

Register FREE online at

www.namiwalks.org/InlandEmpire

Contact: namiwalksinlandempire@gmail.com