



WHY WE WALK

- 1 IN 5 AMERICANS EXPERIENCE A MENTAL ILLNESS EACH YEAR
- STIGMA AND DISCRIMINATION PREVENT PEOPLE FROM SEEKING HELP AND TREATMENT
- WITH TREATMENT AND SUPPORT MANY PEOPLE RECOVER AND LIVE FULL LIVES
- WE WALK TO BUILD AWARENESS AND RAISE FUNDS TO OFFER EDUCATION AND SUPPORT PROGRAMS TO THOSE IN NEED AT NO COST

THE NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) IS THE NATION'S LARGEST GRASSROOTS MENTAL HEALTH ORGANIZATION DEDICATED TO BUILDING BETTER LIVES FOR THE MILLIONS OF AMERICANS AFFECTED BY MENTAL ILLNESS.

NAMIWALKS NORTHERN CALIFORNIA



SATURDAY, MAY 7, 2016
WILLIAM LAND PARK
SACRAMENTO, CA

Register Today!

www.namiwalks.org/northerncalifornia

NAMIWalks Northern California is the region's largest anti-stigma mental health awareness event. Registration is **FREE**. Proceeds from NAMIWalks support the work of regional affiliates in Amador, El Dorado, Humboldt, Placer, Sacramento, San Joaquin, Solano, Stanislaus, Tuolumne and Yolo Counties.



Lucas - volunteer coordinator

*Donna (walk manager)
Del... provide...*

NAMIWALKS Northern California

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Questions? Contact

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