



## **Put on your Walking Shoes and Help us Stomp Out Stigma!**

Join us for the 8th Annual  
NAMIWalks NH 2010!

**Changing Minds...One Step at a Time**

Sunday, October 3, 2010  
NH Hospital Campus  
South Fruit Street, Concord



Register to Walk \* Form a Walk Team  
Go to [www.NAMINH.org](http://www.NAMINH.org) and click on the  
NAMIWalks logo for details!

Proceeds benefit the  
National Alliance on Mental Illness NH  
15 Green Street \* Concord, NH 03301  
603-225-5359 or 1-800-242-6264  
[www.NAMINH.org](http://www.NAMINH.org)

 **NAMI** | New Hampshire  
National Alliance on Mental Illness

## **NAMIWalks NH 2010 INFORMATION SHEET**

DATE: October 3, 2010

LOCATION: New Hampshire State Hospital, South Fruit Street (Soccer Fields), Concord, NH

WALKER CHECK-IN TIME: 9:00 AM

WALK START TIME: 10:30 AM

DISTANCE: 5 Kilometers (3.1 miles)

- 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.
- Walkers are encouraged to organize Teams made up of friends, co-workers and family members to walk with them.
- All Walkers raising \$100 or more will receive a *NAMIWalks* T-shirt and will be entered into a raffle for prizes to be presented on WALK day.
- **NAMIWalks NH** is a rain or shine event – please dress appropriately for the weather.
- All the proceeds from the WALK are used to support NH families.
- There are a wide-range of WALK sponsorship opportunities available to local companies and organizations. Anyone interested in information on how their organization can be a WALK Sponsor should contact Win Saltmarsh at the NAMI NH office: (800) 242-6264 or (603) 225-5359 Ext. 10.

**We WALK because by doing so each one of us makes  
a difference for someone with a mental illness.**

“An estimated 26.2 percent of Americans ages 18 and older – about one in four adults – suffer from a diagnosable mental disorder in a given year.” – NIMH (National Institute on Mental Illness)

Reduce the stigma of mental illness – WALK with us!

For more detailed information go to [www.naminh.org](http://www.naminh.org) and click on the NAMIWalks logo.