



MAKE PLANS NOW FOR 2010 NAMI New Mexico WALKS!

Saturday, May 1, 2010 -- 8:00 am

FACT SHEET

- WHAT:** The 2010 NAMIWALKS for the Mind of America is a 3.2 -mile walking event for all people who are dedicated to improving the lives of all of those affected by serious mental illness. This fundraising event will be held in 70 communities around the country during the month of May. Locally, the goal is to raise over \$100,000 with over 800 walkers. **NAMI Westside's goal is \$20,000.** All walkers are encouraged to raise as much money as possible from family, friends, co-workers and business associates in support of their participation in the WALK.
- WHY:** NAMI – the National Alliance on Mental Illness – is a grassroots, self-help, support, education, and advocacy organization dedicated to improving the lives of all those affected by serious mental illness. NAMI's mission is to advocate on behalf of consumers and family members, to promote research into the causes for mental illnesses, and to combat the stigma and discrimination faced by consumers and their families. All proceeds from the WALK help support NAMI'S mission.
- WHEN:** Saturday, May 1, 2010. **Check in: 8:00 AM; start time: 9:00am**
- WHERE:** Albuquerque Academy at the parking lot of Hoffmantown Church (8888 Harper NE). Parking will be permitted at Hoffmantown Church parking lot.
- SPONSORSHIP:** Is your company or organization interested in sponsoring this Walk or donating? Please contact Marilyn Salzman, NAMI Westside, **505-203-7179.**
- VOLUNTEER:** Volunteers help us make our event a success! Do you have extra time before or after the WALK? Are you unable to do the WALK but still want to participate? Give us a call and let us know 505-260-0154. Volunteers who collect pledges are eligible for prizes!
- WALK TEAMS:** Are you really motivated? Get others involved by recruiting a team! All you need is a Team Name, a Team Captain and begin recruiting team members. Make sure all of your teammates include your Team Name on their registration forms. My team is "**WESTSIDE WINNERS**". **You can walk with me!**

Help NAMI WESTSIDE make our goal of \$20,000. Join my team or form your own. Call Marilyn Salzman @ 505-203-7179 for more information or go to my link <http://www.nami.org/namiwalks10/NMX/Marilyn>

To register, sponsor, donate or volunteer for the NAMI New Mexico Walk:

Log on to www.nami.org and **CLICK ON NAMI WALKS** in the left hand panel. When the page appears, enter **MARILYN SALZMAN** in the upper right hand corner under "Support a Walker." That will take you to my link so **YOU CAN MAKE A SECURE DONATION ON-LINE. Thank you so much.**