



How to Participate

Show the world that you support mental health!

Register for a 5K NAMIWalks event at our www.namiwalks.org. Registration is free.

BRING A TEAM: Register as a team captain and invite family and friends to walk with you.

JOIN A TEAM: Sign up for a team you want to support.

JOIN US WITHOUT A TEAM: Register as an Individual Walker. Everyone is welcome!

FUNDRAISE: Participants who raise \$100 receive a NAMIWalks T-shirt.* Funds raised support NAMI Kansas' free, top-rated programs for the community.

*Additional gifts can be earned at higher fundraising levels (at participating sites).

Walk Day Activities

Check-In Time: 9:00am
Walk Start: 10:00am

Activities:

Live Music, Art, and Doggy Station

For more walk day details, go to:
namiwalks.org/kansas
or contact staceylyddon@namikansas.org.

“Joining together with so many people at NAMIWalks was one of the most empowering experiences I’ve had this year. I can’t wait walk again—and bring 10 more friends!”
—Jennifer, Topeka

2019 Sponsors

Sunflower Health Plan, United Healthcare, Johnson County Mental Health Center, PhRMA, Association of Community Mental Health Centers of Kansas, Stormont Vail Foundation, Bert Nash, Wyandot, Inc, Blue Cross Blue Shield of Kansas, Dr. Crystal Duclos, Family Service & Guidance Center, Prairie Band Potawatomi Nation, Heritage Mental Health Center, Mize Houser, Goodcents Deli, FHL Bank Topeka, The University of Kansas Health System - St. Francis Campus, The Guidance Center, Valeo, Synergy Systems Consulting, Comprehensive Maintenance & Repair, Adventure Dental & Vision

Registration Form

Yes! I'll walk with NAMI
(A separate form is required for each participant)

Name:

Address:

City, State, Zip:

Phone: Email:

NAMI Affiliate/State:

Team name:

Team captain:

- Individual walker Walker on a team
- Team captain Walk day volunteer. Please call me.
- I cannot attend the walk. I have enclosed my donation in the amount of \$ _____ to support NAMI.

Each Participant must sign below.

I hereby waive all claims against NAMI, sponsors, or any personnel for any injury that I might suffer in this event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs and videos of me and quotations from me in legitimate accounts and promotions for NAMI.

Yes, I accept the waiver.

Signature:

Parent or Guardian:
(if walker is less than 18 years of age)

Please turn in this walker registration form to your team captain or mail to:

NAMI Kansas
PO Box 675
Topeka, KS 66601



NAMI Kansas, located in Topeka, is a NAMI State Organization/NAMI Affiliate of the National Alliance on Mental Illness. NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.

NAMI envisions a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares.

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

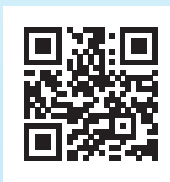
1 in 5 Adults
experience mental illness
each year in the U.S.

1 in 6 Youth
aged 6-17 experience a mental
health disorder each year in
the U.S.

Walk with us to raise awareness and funds that support free, top-rated programs and services for our community.

Walk With Us

- **To promote awareness** of mental health and reduce stigma by sharing stories and walking together
- **To raise funds** for NAMI's mission of advocacy, education, support and public awareness
- **To build community** and let people know they are not alone



Scan with your smartphone to register online!

Saturday,
October 10, 2020

West Ridge Mall
1801 SW Wanamaker Rd.
Topeka, KS 66604



National Lead Sponsor

National Partner

