



nami
National Alliance on Mental Illness
Walks

2018

#StigmaFree

National NAMIWalks Elite Sponsor



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National Walk Partner



Save the Date!

Saturday, May 19, 2018

**Mandeville Lakefront
(start across from Pontchartrain
Yacht Club)**

Join us at NAMIWalks St. Tammany 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**

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/sttammany

Contact: walks@namisttammany.org