

form a team

AND WALK TO RAISE FUNDS FOR NAMI WASHINGTON COUNTY

Get your coworkers together, design and print your own t-shirts, and walk on September 28 for NAMI Washington County! There is no fee to register.

This is a great opportunity for team building!

NAMI Walks is a fundraiser, but raising money is not a requirement. Just showing up fights the stigma against mental illness.

www.namiwalks.org/minnesota

- 1 One person has to register the team. They enter their name and email address and choose to be the team captain. The team captain can be changed later.
- 2 Click "Create a Team."
- 3 **Choose "NAMI Affiliate Team" (even if other categories apply to you).***
- 4 Choose your team name and your fundraising goal (this can be changed at any time) & invite your coworkers to join!

**This ensures that funds raised go to Washington County efforts and programming.*
For assistance, visit www.NAMImnWashingtonCounty.org for a photo tutorial or call Katy Jo Turner at 651-645-2948 x 126

THE NATIONAL ALLIANCE ON MENTAL ILLNESS PROVIDES MENTAL ILLNESS SUPPORT, EDUCATION, AND ADVOCACY.