



SATURDAY, OCTOBER 10, 2020



Route Distance: 5K - 35,000 steps Your Way

Location: Virtually Anywhere

We are excited to share that NAMIWalks has gone virtual this year and transitioning to **NAMIWalks Your Way**. We are changing our original walk date to **October 10th** that is **World Mental Health Day** and joined virtually by NAMIWalks across the country. Your Way adds flexibility for safety purposes and allows individuals to participate in any way that they see fit. Walk or run a 5K—through your neighborhood, on your treadmill or try dancing the day/night away! Take photos and videos and share your activity on a favorite social media with the link to your walk fundraising page and the hashtag **#NotAlone** and **#MentalHealthForAll**. Together we can make a difference for people affected by mental illness.

All funds raised directly support the mission of **NAMI Cobb** to provide support, education, CIT training and advocacy to individuals and families right here in our community and to reassure people they are not alone. NAMI's programs and advocacy are needed more than ever, and with your help, we are changing how Georgians view mental illness.

JOIN TEAM: Cobb Stigma Busters



There is no cost to register for the NAMIWalks Your Way. All participants are encouraged to collect from family members, friends, & co-workers in support of their participation in the NAMIWalks Your Way. A T-shirt will be available for pick-up 1 week prior to the event.

Donations on this site are fast, secure and easy. Copy this link in your browser to register:
(<https://www.namiwalks.org/index.cfm?fuseaction=donordrive.team&teamID=36941>)

Contact the Team Captain with questions: Linda Hicks (847) 807-9884

Spread the word to your friends, family and business associates. Your presence multiplied by hundreds of other NAMI supporters, brings increased awareness to our cause.