



Route Distance: 5K – 3,500 Steps Your Way
Time: 9:00 am – 2:00 pm
Location: It's Your Choice

We are excited to share that **NAMI Cobb Stigma Busters** has gone virtual this year and transitioning to **NAMI Walks Your Way**. We are changing our original walk date to **October 10th** that is **World Mental Health Day** and joined virtually by **NAMI Walks GA**. Your Way adds flexibility for safety purposes and allows individuals to participate in any way that they see fit.

For those that have registered for the walk and will be participating, on Oct 6th I will be handing out a **NAMI Cobb Stigma Busters T-shirt** and **Sidewalk Chalk** from 5:30 pm – 7:00 pm at the First Presbyterian Church 189 Church St. Marietta in the small parking lot directly across Kennesaw Ave from side of the main church lot. Receiving the T-shirts and chalk early allows you to create your chalk message/drawing to help raise **Mental Health Awareness!** Walk or run outside/inside, capture a photo next to your work of art! Share your photos and videos of your activity on a favorite social media **#NAMICobb #NAMIGeorgia #NotAlone #NAMIGAWAY #MentalHealthForAll**. For those individuals that are not familiar with hashtag, you may send your photos via text to the Team Captain at **(847) 807-9884** and I will post to the NAMICobb and NAMIGeorgia site.

During the event there will be names drawn for **Door Prizes** and a **1st Place Prize** for the one raising the most funds! All funds raised directly support the mission of **NAMI Cobb** to provide support, education, and advocacy to individuals and families right here in our community. NAMI Cobb programs and advocacy are needed more than ever, and with your help, we are changing how Georgians view mental illness.

There is no cost to register for the NAMI Walks Your Way. Donations on this site are fast, secure and easy. Copy or click on the link below to register or donate.

<https://www.namiwalks.org/index.cfm?fuseaction=donordrive.team&teamID=36941>

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