



SATURDAY, OCTOBER 10, 2020

Route Distance: 5K – 3,500 Steps Your Way

Time: 9:00 am – 2:00 pm

Location: Your Choice

We are excited to share that NAMIWalks Georgia 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 Cobb GA. Your Way adds flexibility for safety purposes and allows individuals to participate in any way that they see fit. Walk, run, or jog a 5k anywhere! Inside or outside, it doesn't matter as long as you have fun. You can even do a favorite activity instead of a 5k if you choose.

Take photos and videos and share 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.

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 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 walk. A T-shirt will be available for pick-up 1 week prior to the event. I will contact walkers in regards to the location to pick up your **COBB STIGMA BUSTERS T-shirt**. Donations on this site are fast, secure and easy. Copy or type this link in your browser 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

