



Baltimore, May 31, 2014

MAKING STRIDES TOGETHER

NAMIWalks Maryland

Why

We Walk...

- ◇ To have fun!
- ◇ To support our communities
- ◇ To raise awareness about mental illness
- ◇ To show recovery IS possible
- ◇ To change perceptions & to STOMP STIGMA
- ◇ To raise vital funds for our FREE public programs
- ◇ To ensure that hope and help are available



To register, visit
www.namiwalks.org/maryland

To learn more or to VOLUNTEER,
Contact Walk Manager,
Ashley Haynes at
ahaynes@namimd.org

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of American affected by mental illness.