

It's easy to participate:

Step 1: Register today!

Mail your completed registration form or register online: www.mhafred.org/walk2009.

Step 2: Collect Contributions!

- Set A Goal! Aim high and help us reach our goal of \$200 per walker.
- Ask your family, friends, neighbors, and co-workers to sponsor you
- Use the Contribution Form in this brochure to record and collect your donations
- Bring your form & monies to MHAF office before May 15th to ensure receipt of commemorative t-shirt for those who raise \$100 or more
- Or return forms & donations on Walk Day at 9:00am
- Together we can, and will, make a difference!

Step 3: WALK on May 30th!

Experience the Walk and celebrate mental health. Make it an opportunity to connect with friends and enjoy a day together!

Step 4: Celebrate! You Did It!

You supported the free programs and services of MHAF that help people in our community everyday!



FOR MORE INFORMATION?

Call MHAF at 540-371-2704
mhafred@mhafred.org
www.mhafred.org

Step 1: Sign Up Today!

Walk for Mental Wellness Registration Form

Name _____

Street _____

City _____ State _____ Zip _____

Day Phone _____

Evening/Cell Phone _____

Email address _____

I will be walking as (circle one)
an individual a team captain a team member

If you are on a team, complete the following:

Team Name _____

Representing (company, church, school, etc):

Team Captain Name _____

Participants who raise \$100 or more, circle size:

Adult Shirt Size: S M L XL Child Shirt: L

I am unable to walk but:

- Enclosed is my donation of \$ _____
- I want to volunteer at the Walk
- I will donate: prizes _____
other (please specify) _____

Authorization

I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

Signature (Parent / guardian if under 18) Date

**Step 2: Walk for Mental Wellness
Contribution Form**

**AIM HIGH – HELP UP REACH OUR GOAL
OF \$200 per walker!**

Name _____

Street _____

City _____ State _____ Zip _____

My Fundraising Goal is: _____

Supporter's Name _____ **Donation**

1. *My contribution* _____ \$ _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Total Enclosed \$ _____

Please make checks payable to MHAF.

Mail form & checks or bring form & cash donations to MHAF office:

2217 Princess Anne St. 219-1
Fredericksburg, VA 22401

Build your own Team and have more fun!

It's easier than you think, people want to help. Want to walk as a team of 3 or more? Call Mhaf to request a team form.

Teams are the heart of the **Walk for Mental Wellness**. By getting more people involved, you're doing even more to raise funds that will help people who struggle with mental health conditions.

Building a team is fun and easy! Recruit family, friends, and co-workers to join you in supporting this important cause. You are essential in making the Walk for Mental Wellness a success, so get an early start and make this a fun event for you and your friends while helping others.

Please Join Us!

Walk for Mental Wellness in the park – a fun, memorable event with a purpose! Walk for the 1 in 4 families who will experience a mental health need this year. Walk in honor or memory of a loved one. Walk with Us!

Walk for Mental Wellness

9:00 am Registration
9:30 am Warm-up by Bodyworks
9:45 am Sponsor & Team recognition
10:00 am 1-Mile or 3-Mile Walk

**Free Commemorative t-shirts to walkers
who raise \$100 or more!**

Walk t-shirts are chosen from designs created by patients during art therapy at Snowden. Each year's design is a unique work of art, designed specifically for this event and available only through Mhaf.

2009 Sponsors

Dennis Ahearn Estate Planning

ElderCare Connections

Family Solutions

Free Lance-Star

G. L. Herndon Insurance

**Hallberg & O'Malley
Financial Group**

Hyperion Espresso

National Counseling Group

**Rappahannock Area Gentlemen's
(and Fair Ladies) Riding Club**

Snowden at Fredericksburg

Ulman's Jewelry

Virginia Partners Bank

Brauning Automotive

Comfort Keepers

Downtown Bodyworks Fitness

J.F. Fick, Inc.

Home Instead Senior Care

I.C.E. Heating and Cooling

Marstel-Day LLC

Rappahannock Electric Cooperative

University Café

Supporters

Aquia Counseling & Therapy

Carriage House Realty

Rappahannock Area Community Services Board



Walk for Mental Wellness



**Saturday,
May 30, 2009
10:00 am**

**Hurkamp Park
Downtown Fredericksburg**

It's more than a Walk!

Enjoy family fun – moonbounce, face painting – food, and prizes!
music by Phil Makely

WANT MORE INFORMATION?

Call Mhaf at 540-371-2704 or
visit our website at www.mhafred.org