



2217 Princess Anne Street, Suite 219-1
Fredericksburg VA 22401
540-371-2704 fax 372-3709
mhafred@mhafred.org
www.mhafred.org

WALK for Mental Wellness

TEAM LEADER AGREEMENT

Yes, I agree to help Mental Health America of Fredericksburg by serving as a team leader for the **Walk for Mental Wellness** on **Saturday, May 7, 2011**.

Role of the Team Leader:

Team Leaders develop and lead a Walk Team. You will receive all materials (walker pledge forms, receipts, etc) about the **Walk for Mental Wellness**. You are the liaison between your team of walkers and MHAF. Being a team leader is a great way to use your leadership abilities to benefit your community.

Responsibilities:

- recruit family members, friends, co-workers, neighbors to join your walk team
- motivate and guide your team's fundraising efforts
- \$25 contribution or sponsorship by each team member; encourage member to raise \$50 or more to receive a commemorative WALK t-shirt
- collect all pledge forms and monies from your team members and turn them in to MHAF by April 20th to guarantee receipt of t-shirt
- raise your \$50 in contributions from friends, family members, co-workers, neighbors
- walk with your team to promote mental wellness
- *Be the team who raises the most and win the Team Prize*

Our total goal for the **Walk for Mental Wellness is \$35,000!**

Name _____ Organization _____

Address: home _____
work _____

E-mail _____ FAX _____

Phone: home _____ work _____ cell _____

Team Name _____ Team Goal \$ _____

THANK YOU! THANK YOU! THANK YOU!

Promoting mental wellness for everyone, everyday