

It's easy to participate!

Step 1: Register today!

Register online or get registration and pledge forms included in the WALK brochure at www.mhafred.org/walk2011. Email mhafred@mhafred.org or call MHAF at 371-2704 and we'll mail forms to you. Participation fee is \$25 per walker – you can pay the fee or get others to sponsor you. Everyone is encouraged to raise as much as they can. Prizes awarded to individuals and teams who raise the most money.

Step 2: Collect Contributions!

- Set A Goal! Aim high and help us reach our goal of \$100 per walker.
- Ask your family, friends, neighbors, and co-workers to sponsor you
- Use the Contribution Form (step 2) to record and collect your donations
- Bring your form & monies to MHAF office before April 20th to ensure receipt of commemorative t-shirt for those who raise \$50 or more
- Or return forms & donations on Walk Day at 9:00am (shirts if available)

Step 3: WALK on May 7th!

Experience the Walk and celebrate mental health. Make it an opportunity to connect with friends and enjoy a fun 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
Register online at www.mhafred.org/walk2011

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 \$50 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, silent auction gift basket
- 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 US REACH OUR GOAL OF \$100 per walker!

Name _____
Street _____
City _____ State _____ Zip _____
My Fundraising Goal is: _____

Supporter's Name Donation

1. *participant fee* \$25
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? Team forms available at www.mhafred.org/walk2011. Email or 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 awareness and 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 family and friends while helping others.

Please Join Us!

Walk for Mental Wellness – a fun, family day in the park. Walk for the 1 in 4 families who will need mental health services this year. Walk in honor or memory of a loved one. Every dollar you raise helps someone right here in our community. 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 \$50 or more!**

Walk t-shirts are chosen from designs created by individuals in our community. Each year's design is a unique work of art, designed specifically for this event and available only through MHAF.

2011 Sponsors

Snowden at Fredericksburg

- Dennis Ahearn Estate Planning
- Comfort Keepers
- Downtown Bodyworks Fitness
- Family Solutions
- Family Preservation Services
- Free Lance-Star
- G. L. Herndon Insurance
- Hyperion Espresso
- National Counseling Group
- Rappahannock Area Gentlemen's
(and Fair Ladies) Riding Club
- Ulman's Jewelry
- Union First Market Bank
- Virginia Partners Bank

Benefactors

- Pulliam's Auto Center
- Rappahannock Area Community
Services Board



**4th Annual
Walk for
Mental Wellness**



**Saturday, May 7, 2011
10:00 am
Hurkamp Park
Downtown Fredericksburg**

**Register online
mhafred.org/walk2011**

It's more than a Walk!
Enjoy family fun!
Moon Bounce, face painting, food, prizes,
live local music and silent auction

WANT MORE INFORMATION?
Call MHAF at 540-371-2704 or
visit our website at www.mhafred.org