

INFORMATION SHEET ON NAMIWALKS VENTURA COUNTY 2009

DATE: Saturday May 2nd, 2009

LOCATION: San Buenaventura Beach Promenade

WALKER CHECK-IN TIME: 9:00 am

OFFICIAL WALK START TIME: 10:30 am

DISTANCE: 5K

Walk Web Site: www.nami.org/namiwalks/CA/Ventura

- The **NAMIWALKS for the Mind of America** is a nationwide fundraising and mental health awareness program that is being held in more than 80 communities around the country in 2009, including right here in Ventura County. It is expected that these walks will raise approximately 9 million dollars in 2009 for NAMI and the mental health services it provides to thousands of families across the country.
- There is no walker registration fee for the Walk. All participants are encouraged to collect donations from family members, friends, co-workers and business associates in support of their participation in the Walk.
- All the funds collected by Walkers will be used to fund NAMI's programs here in Ventura County. These programs include support, education, research and advocacy involving schizophrenia, bipolar disorder (manic depression), major depression, obsessive-compulsive disorder and severe anxiety disorders.
- All walkers raising \$100 or more will receive a **NAMIWALKS for the Mind of America** event T-shirt.
- Companies, organizations and families are encouraged to organize teams of walkers made up of employees, organization members, relatives and friends to take part in the Walk.
- Teambuilding and fundraising materials will be given out to team captains at a special kickoff event that will be held at Crowne Plaza Ventura Beach on Friday, March 6, 2009.
- **NAMIWALKS for the Mind of America** is a rain or shine event.
- There is a wide-range of corporate sponsorship opportunities available to local companies and businesses relating to the Walk. Anyone interested in information on how his or her company or organization can sponsor the Walk should contact the NAMI Ventura County office at (805) 641-2426.