

May 2010



OUT OF THE FOG

The monthly newsletter of NAMI San Francisco
www.namif.org



Saturday, May 22, 2010

Speedway Meadow, Golden Gate Park

Check-in: 9:00 a.m. • Start: 11:00

Distance: 5K (3 miles) or 1.5K short route

Go to www.namiwalkSFbay.org or info@namiwalkSFbay.org or
800-556-2401

Join one of our teams or make your own!

NAMIWalk is a fundraising and awareness-raising 5K walk that will take place in 80 communities across the country in 2010. Thanks to our amazing sponsors, we do not charge a registration fee in order to encourage our entire community to participate.

Seven San Francisco Bay Area NAMI affiliates work together to create this important event to support services for mental illness. They will share the proceeds from the walk which will be used locally to underwrite and support much-needed Bay Area programs of education, support and advocacy.

The 2010 sponsoring affiliates represent Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara and Solano counties.

Take a step to stomp on stigma...Register today to walk in the 6th annual Bay