



OUT OF THE FOG

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

SF Bay Area NAMIWALK Speedway Meadow, Golden Gate Park, San Francisco

Saturday, May 22, 2010

Join thousands of NAMI walkers as we raise awareness & funds for our FREE mental health programs in: Alameda, Contra Costa, Marin, San Francisco, San Mateo, Santa Clara and Solano counties

- Family & Peer Education & Support
- Speakers Bureau
- Anti-Stigma Advocacy

There are so many ways to participate:

- Register to Walk!
- Be a Team Captain!
- Recruit an Event Sponsor!
- Volunteer at the Kick-Off Luncheon!
- Volunteer on Walk Day!

For more information or to volunteer:
www.namiwalkSFbay.org or
info@namiwalkSFbay.org