

Suicide is a national health problem that takes an enormous toll on families, friends, co-workers, and the entire community. In the United States, a person dies by suicide every 11 minutes, claiming approximately 46,000 lives each year. It is estimated that approximately 1.20 million attempt suicide each year. Suicide is a community problem and everyone can have a role in the solution.

SPN of Marinette & Menominee Counties is a local, non-profit, volunteer organization that is dedicated to bringing suicide awareness and resource awareness to our community. By walking, sponsoring, or donating to SPN's "Embrace Life" Family Fun Walk, you are supporting your local family, friends, co-workers, neighbors, and community members impacted by mental health issues and/or suicide.



**100% of contributions stay local**



**Help is Available 24/7  
Call or Text  
988 Suicide and Crisis  
Lifeline**

**Walk, Raise, Remember—Save a Life!**

Walk with families, friends, co-workers, and your community. You can ride your bike, walk, run, bring the stroller, bring a wagon, bring your family and friends and have a great fun walk for Suicide Awareness in our community. (Friendly dogs are allowed on leashes. Owners are responsible for their behavior and need to pick up after their pet.) At the beginning of the walk, we will have a Memory Ceremony. Local businesses can support our community and donate to SPN causes by giving Gift Baskets, services or goods, or monetary donations. Donations of \$400 or more will earn the business a free QPR training.

Keep September 21st, 2025 open for walking with family and friends. Funds raised from the walk support the SPN Embrace Life Scholarships Program (scholarships are awarded to students in Marinette and Menominee Counties), suicide awareness and resources, intervention programs, support for families impacted by suicide, and training programs, such as QPR.

**We will remember those loved ones we have lost to suicide at our ceremony. If interested, please submit the name/names of those you wish to publicly remember to SPN; even if you cannot walk with us that day, we would like to remember your loved one and have a moment of silence in their memory.**



PO Box 617  
Marinette WI 54143

Phone: 906-290-2727 or 715-923-4533  
[www.spn-mmcc.org](http://www.spn-mmcc.org) or [spnmmcc@gmail.com](mailto:spnmmcc@gmail.com)  
Visit our Facebook Page at SPN Menominee

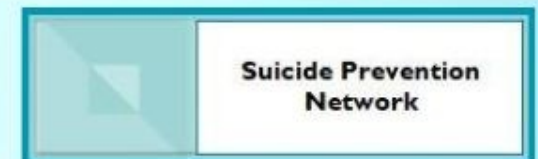
## **Annual SPN "Embrace Life" Family/Community Fun Walk Sunday, September 21, 2025**



Join us at:  
**American Legion  
818 1st St.  
Menominee MI 49858**



Walk to Raise Awareness  
Walk to Prevent Suicide  
Walk to Save Lives  
Walk For a Loved One  
Walk to Raise Funds



**September 21, 2025**  
**Event & Check – in begins at 11:00 am.**  
**Opening Ceremony at 1:00p.m.**  
**Walk to start immediately following**  
**Opening Ceremony.**

Walk Routes range from 1 to 4 1/2 miles with longest route being: Menominee American Legion to Menekaunee bridge, down Water Street to Main Street, then over Interstate Bridge (10th Ave), back to the American Legion on 1st street.

Water & ride pick up stations are available throughout walk route.

- A memorial reading of names will be part of our open ceremony, please submit "In Loving Memory Names" prior and up to day of walk to Gail Schick at 906-290-2727 or at top of registration form.
- Additional prizes will be awarded the day of the walk for the top three fundraisers.
- Bucket Raffles will be drawn the day of the walk. You do not need to be present to win.
- The Legion's Snack Shack will be open to the public on the day of the walk.
- And much, much more the day of the walk.



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Phone: 906-290-2727 or 715-923-4533  
 www.spn-mm.org

**REGISTER TODAY!**

**DONATE TODAY!**

**SUPPORT A WALKER TODAY!**

**"In Loving Memory of" :** \_\_\_\_\_

**For Walkers:**

Entrance Form:

Walker: \_\_\_\_\_

Team Name: (if applicable) \_\_\_\_\_

Phone: number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Address \_\_\_\_\_

Sex: M F Age: \_\_\_\_\_

Shirt Size: (circle one) S M L XL XXL 3XL

By submitting this form or by participating in this event, I hereby waive and release any and all rights and claims for damages that I may have against you, the municipalities through which EMBRACE LIFE Family Fun Walk will take place, as well as any other person connected with the EMBRACE LIFE Family Fun Walk, their heirs, executors, successors, businesses and assigns for any and all injuries that I may suffer while taking part in the EMBRACE LIFE Family Fun Walk or as a result thereof.

**MUST BE SIGNED** (Those under 18 must have a guardian signature)

Walker's/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

**To Purchase T-Shirt only:**

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Size: (circle one) S M L XL XXL 3XL

**SPN only section:** \$ \_\_\_\_\_ Amount Received  
 \_\_\_\_\_ T-shirt Reserved \_\_\_\_\_ T-shirt Received

**Register:**

Pre-register by mailing this completed form and any donation to:  
 Suicide Prevention Network, PO Box 617, Marinette WI 54143  
 Or

Register day of walk beginning at 11 a.m.

Open remarks at 1pm with walk to follow.

**A \$20 registration fee is suggested; includes a free t-shirt**

**Sponsor/Donations:**

1. Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Amount of donation: \_\_\_\_\_

2. Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Amount of donation: \_\_\_\_\_

3. Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Amount of donation: \_\_\_\_\_

4. Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Amount of donation: \_\_\_\_\_

\*\*If additional donations please attach that information.

\*\*My Employer: \_\_\_\_\_ has a  
 matching gift program. (Please attach form)

**Donating—It's Easy!**

If you wish to donate by check or money order please follow the instructions below:

1. Make all **CHECKS** payable to: **SPN**
2. Mail all donations to: Suicide Prevention Network,  
 PO Box 617, Marinette, WI 54143.

**To ensure a T-Shirt, pre-register by Wednesday, August 27, 2025.**

**Pre-register by this date and receive 5 free bucket raffle tickets...5 chances to win!**