



Annual SPN “Embrace Life” Family/Community Fun Walk
Sunday, September 21, 2025
Registration & Raffles begin at 11:00 AM - Opening Ceremony at 1:00 PM
Walk to start immediately following the Opening Ceremony
LOCATION:
AMERICAN LEGION
818 1ST St.
Menominee, MI 49858

Suicide Prevention Network of Marinette/Menominee County
www.spn-mmcc.org - [https://facebook.com/pages/SPN Menominee](https://facebook.com/pages/SPN%20Menominee)

May 21, 2025

Greetings,

Our annual “Embrace Life” Family/Community Fun Walk is just around the corner, and we are planning our BEST walk yet, but we can’t do it without you. This year’s walk will be held on Sunday, September 21, 2025. The walk will be held at the **American Legion located at 818 1st St., Menominee, Michigan.** We are grateful for our partnership with this organization.

Thank you for your previous and continued support. We hope you will consider walking and/or donating again this year. We are proud to say that 100% of our contributions remain local and support community suicide awareness, suicide educational events, families who have experienced a suicide, as well as scholarships for students in Marinette and Menominee Counties.

Part of what makes our walk so successful is the donation of raffle baskets as well as goods and services that generate funds the day of our event. **All donations are welcome and appreciated** and can be dropped off at the American Legion or you may contact Gail Schick at 906-290-2727 or Shannon Parrett at 715-923-4533 to arrange for us to pick up. If you are unable to attend the walk, but would still be interested in purchasing raffle tickets or a t-shirt, please contact Gail or any board member for more information.

Businesses can also purchase a walking route sign for \$75 to show their support. In addition, any business donating \$400 or more throughout the year is eligible to obtain a free on-site QPR (Question/Persuade/Refer) training for up to 50 employees. QPR training teaches three simple steps anyone can learn to help save a life from suicide. *See enclosed - if interested.*

So, get ready, gather your team and start looking for walk sponsors. We hope to have another successful year and we can’t do it without your support. Please submit all donations and raffle baskets by September 6th, 2025. Pre-Registration is strongly encouraged to ensure your 2025 Embrace Life Walk t-shirt. **Pre-registration will also earn you 5 free raffle tickets; five chances to win a raffle basket.**

“The Pain is real, but so is HOPE” – Making a difference one person at a time.

Thank you for your support
The SPN Board and Volunteers

Gail Schick, Shannon Parrett, Sarah Hiltz, Starr Russell, Suzy Brzykcy, Melissa Freeman, Carah Schick, Wendy Beckman, Kelsey Schick

Registration/Donations: Checks can be made out to SPN and mailed to:
Suicide Prevention Network
PO Box 617
Marinette, WI 54143
spn-mmcc.org

Please Like and Follow us on Facebook at **SPN Menominee** for updates on our 2025 Walk

The American Legion will be open to the public the day of the walk. Their “Food Shack” will be open and they will have drink specials.