



**SATURDAY, MAY 2, 2020**  
**WILLIAM LAND PARK**  
**SACRAMENTO, CA**

## Register Today!

[www.namiwalks.org/northerncalifornia](http://www.namiwalks.org/northerncalifornia) or  
Call: 209-256-1293

NAMIWalks Northern California is the region's largest anti-stigma mental health awareness event. Registration is **FREE!**

Proceeds from our team's donations (over 60%) provide **No Cost** education and support programs for individuals living with mental health conditions, family members and friends.

## Join Team: "Believe in Amador" Today!



[www.NAMIWalks.org](http://www.NAMIWalks.org)

## WHY WE WALK

- 1 IN 5 AMERICANS EXPERIENCE A MENTAL ILLNESS EACH YEAR
- STIGMA AND DISCRIMINATION PREVENT PEOPLE FROM SEEKING HELP AND TREATMENT
- WITH TREATMENT AND SUPPORT MANY PEOPLE RECOVER AND LIVE FULL LIVES
- WE WALK TO BUILD AWARENESS AND RAISE FUNDS TO OFFER EDUCATION AND SUPPORT PROGRAMS TO THOSE IN NEED AT NO COST

THE NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) IS THE NATION'S LARGEST GRASSROOTS MENTAL HEALTH ORGANIZATION DEDICATED TO BUILDING BETTER LIVES FOR THE MILLIONS OF AMERICANS AFFECTED BY MENTAL ILLNESS.

**For more information, to register or donate:  
Call 209-256-1293**

