

## How to participate:

1. Go to [www.midohiorm.com](http://www.midohiorm.com) and click on Walk and 5K for Wellness to register. Register before **April 30**, to get a free t-shirt!
2. Make a plan for where and when you will walk or run. Let us know your plan!
3. Make it fun! Raise money and awareness for local mental health recovery programs.
  - Host an online party or raffle.
  - Offer a contest on your social media.
  - Ask your friends and family to support you.
  - Be creative and bring your spirit!
4. When you complete your Walk or Run on May 22nd take pictures or videos and post to your social media with #Nami5kwalk. If you want, you can also post your route and finish time.

*We can't wait to see what you do!*



## Awards:

1. Participant farthest from the 44691 zip code.
2. Largest Team.
3. Top 3 Fundraising Individuals.
4. Top 3 Fundraising Teams.
5. Best photo submission
6. Most creative route

NAMI is supported in part by:



Wayne and  
Holmes Counties

2525 Back Orrville Road  
Wooster, Ohio 44691  
330-264-1590



## Amazing things can happen with your support!

*Funds raised at the Walk and 5K for Wellness will be used for these local programs in our community:*

- *MOCA House recovery program:* provides education and support for persons with mental illness
- *NAMI family education and support programs:* offers information, insight and understanding to family members of persons with mental illness.
- *Crisis Intervention training for Law Enforcement:* teaches best practices to respond to persons experiencing a mental health crisis.
- *Provide support to persons who have lost a loved one to suicide.*

### Kevin Day 2021 Honorary Chair

Helping those in need has always been important to Kevin and his family. His daughters, Emily and Ellen, have gone on numerous mission trips to Honduras. Kevin has served on the Board of various non-profit organizations. He is currently on the Board of The Village Network.

Under Kevin's direction as President, Western Reserve Group is active in supporting local charities, both financially and through volunteerism. In 2014, an Outreach Committee was created with a mission to improve the culture and work environment for WRG employees and enhance employee involvement in community projects. To further increase the impact WRG has on the community, Kevin implemented a Volunteer Time Off Policy, which enables employees to receive their regular pay while volunteering up to 16 hours a year with various non-profit organizations during regular business hours. To date, WRG employees have volunteered a total of 2,894 hours to help improve the lives of others in the community.

With mental health and the stigma that surrounds it being such a prominent issue locally and around the country, WRG is proud to support NAMI through monetary contributions as well as contributions of time. Please join Kevin and WRG in breaking down the stigma and supporting the work of this important organization!

Join the fun!



Saturday  
May 22, 2021  
8—11 a.m.

*You choose the location!*

Tune in at the top of every hour to:  
[facebook.com/NAMIWayneHolmes](https://facebook.com/NAMIWayneHolmes)

Walk or run to raise funds for local  
mental health recovery programs in  
Wayne and Holmes Counties



Featuring 2021  
Honorary Chair  
Kevin Day

Donations can be submitted Monday-Friday,  
11 am to 4 pm, at NAMI Wayne and Holmes  
Counties, 2525 Back Orrville Rd., Wooster.



Register online at [www.midohiorm.com](http://www.midohiorm.com),  
click on Walk and 5K for Wellness



Wayne and Holmes Counties

May 22, 2021  
8—11 a.m.

**Registration Form**

Online registration is available at: [www.midohiorm.com](http://www.midohiorm.com)

Click on Walk and 5K for Wellness

Tune in at the top of every hour to:  
[Facebook.com/NAMIWayneHolmes](https://www.facebook.com/NAMIWayneHolmes)

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

Your Name \_\_\_\_\_

Names of children/dependents \_\_\_\_\_

Mailing Address/City/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Register me:**

- For Walkers: \$25.00 per person - children under 18 are free
- For 5K Participants: \$30.00 per person - children under 18 are free

**T-Shirts -**

Select (circle) your T-shirt size:

Youth or Adult  
L S M L XL 2X 3X

**Waivers:**

- Waiver and Release of Liability** - I hereby waive all claims against NAMI Wayne and Holmes Counties, sponsors, staff and/or volunteers for any injury I might suffer in the Walk and 5K for Wellness. I attest that I am physically able to participate in this event.

Free Walk and 5K for Wellness T-shirt included with your early registration PAID before April 30, 2021.

- Photo Release** – NAMI Wayne and Holmes Counties is grateful for the participation from the Plain community. We strive to honor the desire to not have your picture taken. If an individual's face is accidentally photographed we will photo-shop that area out of the photograph.  
*Other than the agreement above, I agree to allow my image to be utilized in marketing programs for NAMI Wayne and Holmes Counties.*

- Parental Waiver** - (For participants under 18 years of age) I hereby waive all claims against NAMI Wayne and Holmes Counties, sponsors, staff and /or volunteers for any injury my child might suffer in the Walk and 5K for Wellness. I attest that my child is physically able to participate in this event.

**Extra T-Shirts can be purchased sizes:**  
**\$10 per shirt:**

SIZE:	# of SHIRTS
Youth L	_____
Adult S	_____
Adult M	_____
Adult L	_____
Adult XL	_____
Adult 2XL	_____
Adult 3XL	_____

Signature \_\_\_\_\_

Date \_\_\_\_\_

Return this form with registration fee and donations to NAMI Wayne and Holmes Counties, 2525 Back Orrville Rd., Wooster, OH 44691.  
Mail or bring your donations to NAMI, Monday - Friday, 11 am to 4:00 pm  
at 2525 Back Orrville Rd., Wooster, OH 44691

\*\*\*\*\*  
**Can't participate, but want to support NAMI?**

Complete this form & send with donation to:

Go to: [www.midohiorm.com](http://www.midohiorm.com)

NAMI Wayne and Holmes Counties,  
2525 Back Orrville Rd, Wooster, OH 44691

OR

and choose the donate option under tickets

Name \_\_\_\_\_

Mailing Address/City/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

In Honor of (optional) \_\_\_\_\_

- Please add me to your newsletter list to receive updates on programs and events.