

How to participate:

1. Go to www.midohiorm.com and click on Walk and 5K for Wellness to register. Register before **April 15**, 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. 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 Teams.
4. Best photo submission
5. Most creative route
6. Cash Prizes for 5K fastest times for 3 males & 3 females

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:

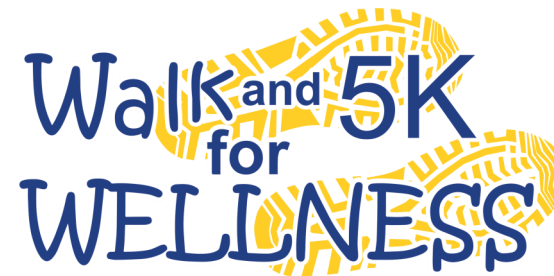
- *MOCA House recovery program:* provides education and support for persons with mental illness
- *NAMI family education and support programs:* offers information, insight and understanding to family members of persons with mental illness.
- *Crisis Intervention training for Law Enforcement:* teaches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

Michael & Duper Pallotta 2022 Honorary Chairs

Nonprofit organizations strengthen communities by providing educational, health, and social services that our citizens need. This is an example as to why we love staying active within the Wooster community, supporting local organizations- especially nonprofits. We have, combined, served on many committees and boards.

We would like to help people to understand our community members who have mental illness, bipolar disorder, depression, PTSD, and anxiety. We are glad to help change the stigma, discrimination and the negative impact that it has on people affected by mental health conditions. Peer support, services to families, suicide prevention and postvention services are just some of the services NAMI provides. This is why we have proudly decided to support them, and we want you to support them too!

Please join us on May 7th, 2022 for the NAMI Walk and 5K for Wellness Fundraiser located at the OARDC campus.



**Saturday May 7, 2022
8—11 a.m.**

**Join us at Secrest Welcome &
Education Center
Ohio State - Wooster Campus**

2122 Williams Rd., Wooster, OH 44691

OR

You choose the location!

Tune in at the top of every hour to:
facebook.com/NAMIWayneHolmes



*Featuring 2022
Honorary Chairs*

**Michael &
Duper
Pallotta**

*Donations may be submitted Monday-Friday,
11 am to 4 pm, at NAMI offices.*



**Wayne and
Holmes Counties**

Register online at www.midohiorm.com,
click on Walk and 5K for Wellness



Wayne and Holmes Counties

May 7, 2022

Secret Welcome & Education Center, Wooster

Registration 8:15 AM

5K begins 8:45 AM

Walk begins 9:00 AM

Tune in at the top of every hour to: Facebook.com/NAMIWayneHolmes

Registration Form

Online registration is available at (www.midohiom.com)

Click on Walk and 5K FOR WELLNESS

Team Name (if applicable)

Your Name

Name of children/dependents

Mailing Address/City/Zip

Phone

Email

Register me for:

- Walk (In-Person): \$25.00 per person - children under 18 are free
5K (In-Person): \$30.00 per person - children under 18 are free
Virtually: \$25.00 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

Free WALK and 5K for Wellness T-shirt included with your early registration PAID before April 15, 2022.

- 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 for Wellness. I attest that I am physically able to participate in this event.

- 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 walkers 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 for Wellness. I attest that my child is physically able to participate in this event.

Table with 2 columns: SIZE, # of SHIRTS. Rows include 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 and send with donation to:

Go to: (www.midohiom.com)

NAMI Wayne and Holmes Counties,

OR

Click on Walk and 5K for Wellness,

2525 Back Orrville Rd, Wooster, OH 44691

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.