Walk and 5K for WELLNESS

NAMI Wayne and Holmes Counties
National Alliance on Mental Illness

May 6, 2023

#Nami5KWalk

Secrest Welcome & Education Center

2122 Williams Rd., Wooster
or You choose the location!

Registration 8:00 AM
5K begins 8:45 AM
Walk begins 9:00 AM

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

- *MOCA House recovery program*: education & support for persons with mental illness
- *Family education & support:* information & understanding for family of persons with mental illness.
- *Crisis Intervention Training for Law Enforcement*: better responses to persons experiencing a mental health crisis.
- *PALS & LOSS team:* support for persons who have lost a loved one to suicide.

Opportunities to Win!

1. Largest team
2. Top 3 fundraising teams
3. Best photo submission
4. Most decorated team
5. Cash prizes for 5K fastest times for 3 males & 3 females
6. Participant farthest from the 44691 zip code

2023 Honorary Chairs:
Adam & Vikki Briggs

Adam, a Wooster native, and his wife Vikki have been raising their three children in Wooster since 2010.

Adam and Vikki have shown their appreciation for the community and its strong history of impactful nonprofits by volunteering their time at many local organizations.

Like so many others, Adam & Vikki have seen the impact of mental illness and are so honored to be selected as the Honorary Chairs for the NAMI Walk and 5K for Wellness on May 6, 2023 at Secrest Arboretum.

You are invited to run or walk with them as they support NAMI's mission to provide friends, neighbors, and family members with hope, wellness, and recovery opportunities.

Please join us On May 6th, 2023 for the NAMI Walk and 5K for Wellness.

Online registration is available at (www.midohiorm.com) — Click on Walk and 5K for Wellness

Team Name (if applicable)_____

☆ ***Forming a team? Contact us for more resources***

Your Name _____

Name of dependents _____

Address _____

City/Zip _____

Phone _____

Email _____

Register me for:

☐ Walk $25.00 per person - children under 18 are free

☐ In-Person ☐ Virtual

☐ 5K (In-Person): $30.00 per person - children under 18 are free

Waivers:

☐ **Waiver and Release of Liability** - *I hereby waive all claims for myself and any dependents against NAMI Wayne and Holmes Counties, sponsors, staff and/or volunteers for any injury I or any dependents might suffer in the Walk for Wellness.*

☐ **Photo Release –** *I agree to allow my image to be utilized in marketing programs for NAMI Wayne and Holmes Counties.*

T-Shirt: Free T-shirt included with early registration PAID before April 14, 2023.

T-shirt size:

Youth **L**

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

Signature _____ Date _____

Can't attend, but want to support NAMI?

Mail your donation to:
NAMI Wayne and Holmes Counties,
2525 Back Orrville Rd, Wooster, OH 44691

OR

Go to: (www.midohiorm.com)
Click on Walk and 5K for Wellness,
and choose the donate option under tickets