



## NAMI Maryland presents 2011 NAMI Walk

“STEP” up to be an example.

1 in 4 people have a mental illness.

Register your team to help us reach  
the goal of 2,000 WALKERS and  
\$200,000 in funds raised  
for mental health awareness

Form your **team** TODAY!



The NAMIWALKS for the Minds of America is a nationwide fundraising and mental health awareness program that is being held in more than 80 communities around the country in 2011. It is expected that these walks will raise approximately 9 million dollars in 2011 for NAMI and the mental health services it provides to thousands of families across the country.

Sunday, May 15, 2011  
Silver Spring, MD



Saturday, May 21, 2011  
Baltimore, MD

### How can you get involved?

To register for **FREE** as a walker or creating a team.

Go to [www.nami.org/walk/MD](http://www.nami.org/walk/MD)

and click on the Baltimore or Silver Spring link.