



## How to Participate

Show the world that you support mental health!

Register for a 5K NAMIWalks event at our [www.namiwalks.org](http://www.namiwalks.org). Registration is free.

**BRING A TEAM:** Register as a team captain and invite family and friends to walk with you.

**JOIN A TEAM:** Sign up for a team you want to support.

**JOIN US WITHOUT A TEAM:** Register as an Individual Walker. Everyone is welcome!

**FUNDRAISE:** Participants who raise \$100 receive a NAMIWalks T-shirt.\* Funds raised support NAMI Oklahoma's free, top-rated programs for the community.

\*Additional gifts can be earned at higher fundraising levels (at participating sites).

## Walk Day Activities

Check-In Time: 8:00am  
Walk Start: 9:00am

### Activities:

Dogs on leashes welcome, Children's activities, DJ & Photo booth, Refreshments

For more walk day details, go to:  
[namiwalks.org/oklahoma](http://namiwalks.org/oklahoma)  
Email: [namiwalks@namioklahoma.org](mailto:namiwalks@namioklahoma.org)  
Phone: 405-601-8283

*"Joining together with so many people at NAMIWalks was one of the most empowering experiences I've had this year. I can't wait walk again—and bring 10 more friends!"*  
—Jennifer, Oklahoma

## Walk Sponsors

Grand Lake Mental Health Center

Maxine & Jack Zarrow Family Foundation

Quail Creek Bank

BancFirst

## Registration Form

☒ Yes! I'll walk with NAMI  
(A separate form is required for each participant)

Name: .....

Address: .....

City, State, Zip: .....

Phone: ..... Email: .....

NAMI Affiliate/State: .....

Team name: .....

Team captain: .....

☐ Individual walker ☐ Walker on a team  
☐ Team captain ☐ Walk day volunteer. Please call me.  
☐ I cannot attend the walk. I have enclosed my donation in the amount of \$ \_\_\_\_\_ to support NAMI.

### Each Participant must sign below.

I hereby waive all claims against NAMI, sponsors, or any personnel for any injury that I might suffer in this event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs and videos of me and quotations from me in legitimate accounts and promotions for NAMI.

☐ Yes, I accept the waiver.

Signature: .....

Parent or Guardian: .....  
(if walker is less than 18 years of age)

Please turn in this walker registration form to your team captain or mail to:

NAMI Oklahoma  
3812 N. Santa Fe Ave, Suite 305,  
Oklahoma City, OK 73118



NAMI Oklahoma, located in Oklahoma City, is a NAMI State Organization/NAMI Affiliate of the National Alliance on Mental Illness. NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.

NAMI envisions a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares.

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

**1 in 5 Adults**  
experience mental illness  
each year in the U.S.

**1 in 6 Youth**  
aged 6-17 experience a mental  
health disorder each year in  
the U.S.

Walk with us to raise awareness and  
funds that support free, top-rated  
programs and services for our community.

## Walk With Us

- **To promote awareness** of mental health and reduce stigma by sharing stories and walking together
- **To raise funds** for NAMI's mission of advocacy, education, support and public awareness
- **To build community** and let people know they are not alone



Scan with your smartphone to register online!

**Saturday,  
May 30, 2020**

Myriad Gardens, 301 W Reno Ave.  
Oklahoma City, OK 73102



National Elite Sponsor



National Partner

