



The NAMI Walk Northwest is just around the corner on May 18th, 2014.

Registration: <http://namiwalks.nami.org/lifelineconnections?TSID=463439>

From our Team Page, click on the 'Join My Team' button to register and help us fundraise. If you can't join us, you can also support our team by making a donation online.

There are many reasons to participate in this fun event:

- Support those that courageously face mental health issues
- Help raise money to keep NAMI programs free for those who need them
- Make a statement that mental health matters
- Earn one point for Lifeline's Wellness Plan (Earn all four wellness points during the course of the year and be entered to win a prize at the end of the year.)
- Breathe in the fresh air and get those endorphins moving in your brain
- Enjoy the beauty of Portland's downtown waterfront

The walk is a short 5K (3.2 miles) that starts near the intersection of SE Water and SE Main on Portland's Eastside Esplanade.

Meeting time & Location: Meet at noon near the ice cream truck.

The walk starts at 1:00pm. Come early to listen to live music and collect free giveaways. Carpooling is encouraged as parking is very tight.

T-Shirts: The Walking for LIFeline team t-shirt is available for order.

Orders and money due: Wednesday, May 7th

Staff accepting money: Arianna Kee and Andrew Montehermoso

Cost: S-XL = \$7.00

XXL = \$10.00

Note: T-shirts will be distributed the week of the event

**No one should be ashamed of living with mental illness,
and no one should be afraid to ask for help.**