



Step Forward for Mental Health Walk 2017

Saturday, August 12
Harbor Lawn at Waterfront Park



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Harbor Lawn at Waterfront Park, 10:30 a.m.
(pre-walk activities at 9:00 a.m.)

To start a team, register or make a donation, visit NAMILouisville.org/stepforward

Why: Mental illness affects all walks of life. In fact, one in five adults is directly affected by mental illness and like other illnesses such as diabetes, heart disease and cancer, there is no cure. With the right treatment and support life can dramatically improve for people living with mental illness and their loved ones.

We must end the stigma associated with mental illness and talk about it to ensure people are getting the help they need.

What: The Step Forward for Mental Health Walk, hosted annually by NAMI Louisville (the National Alliance on Mental Illness) brings the community together for a Walk to advocate and raise funds for mental illness education and support.

Walkers gather for a festive warm-up before trekking together along the Ohio riverfront to support community wellness. The casual two mile walk is a heartwarming experience that culminates with a lively celebration at the finish line. Along the path, walkers are sure to see cheering sections, signs of support from their loved ones and others. The event culminates with an awards ceremony celebrating the teams who have made the most impact for the walk fundraiser. We also recognize the CIT (Crisis Intervention Team) "Police Officer of the Year".

When: Saturday, August 12, 2017 at 10:30 a.m. (pre-walk activities at 9:00 a.m.)

Where: Harbor Lawn at Waterfront Park, Louisville, Kentucky

How You Can Participate?: Walkers can participate simply by registering and walking, or by starting their own fundraising team in support of their loved ones. There is also an opportunity to "Walk at Your Own Pace" and engage in virtual fundraising – fundraising for us, but not having to be at the Walk.

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Join the cause. Spread the word. www.namilouisville.org/stepforward