

WANTED!
5K walkers from
the UAMS Psychiatric
Research Institute
& CeMHOR/Mental
Health at the VA!

Join our 5K team, MINDWalkers, from the UAMS Psychiatric Research Institute (Department of Psychiatry) and the Center for Mental Healthcare & Outcomes Research at the VA...

to walk (or rock) a 5K and raise money for NAMI Arkansas to provide support, education, research and advocacy for persons with mental illness and their families.

Rick Owen, MINDWalkers Team Captain

Saturday, May 26, Burns Park, NLR
10:00 a.m. (Check in time: 9:00 a.m.)

IT'S A FREE WALK!

No registration fee! Instead, collect \$100 each in donations from family members, friends & co-workers to support your walk. Raise \$100 and you'll receive a **NAMI WALKS** T-shirt! Rather "rock" than walk? Sign up because NAMI will have rocking chairs for walkers who want to rock instead of walk the 5K!



REGISTER ON-LINE

Go to www.nami.org/namiwalks07/ARK/MINDWalkers and sign up today for MINDWalkers (see next page for instructions). Then start asking for donations! Checks should be made payable to NAMI Arkansas. Bring all donations to the walk.

Rick challenges you not only to solicit donations but also to make a donation yourself. The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving lives of people living with serious mental illness & their families.

Our goal:
75 walkers,
\$7,500 in
donations!

MINDWalker T-shirts

PRI will provide team T-shirts for us. Ellon Cockrill & Renie Rule are cooking up some fun ideas for those of us who will walk or rock the 5K. Join us for a day to remember & one to benefit NAMI Arkansas! Sign up today!

For questions or information about the UAMS PRI and VA MINDWalkers Team, contact Ellon Cockrill—ERCockrill@uams.edu or Rick Owen—OwenRichardR@uams.edu

Go to www.nami.org or ar.nami.org to learn more about NAMI and the Walk!

How to register as a member of MINDWalkers team for the NAMIWalks for the Mind of America 5K on May 26th:

- 1. You must register with the NAMI web page before signing up.**
- 2. Go to www.nami.org/namiwalks07/ARK/MINDWalkers and click on the blue “Join the Team” bar.**
- 3. You will have to create a user ID and password on the NAMI site before you can register for the team.**
- 4. You will see the steps to creating the account and then signing up for the MINDWalkers team. Follow them.**

How to donate to or sponsor a MINDWalker:

- 1. Go to www.nami.org/namiwalks07/ARK/MINDWalkers.**
- 2. Go down to the middle of the page to the heading, “Current Team Members.” There you will see the instructions on how to donate or sponsor by clicking on the name of a team member.**