

# Walkathon Pledge Form 2023



Walkers Name: \_\_\_\_\_  
 Street Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_

Are you walking as an individual or part of a team? **Individual / Team**  
 Team Captain: \_\_\_\_\_  
 City, State Zip: \_\_\_\_\_

**Waiver:** In signing this registration form, I, myself, heirs, executors and administrators, waive and release any and all rights to claims for personal injuries and damages suffered as a result of participation in this event that I may have against anyone sponsoring, sanctioning or maintaining this event. In signing this registration form I certify that I am physically capable of completing this event and will be responsible for monitoring my own condition and exercising caution during the event.



\_\_\_\_\_  
 Signature of participant (parent or guardian must sign for under 18).  
*For your first \$100 raised you receive a raffle ticket for a special drawing (\$50 value)*



Name	Address	Phone	Email	Cash/Check	\$Amount
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					

*Please return this form along with the donations you have collected to your team captain, Thank You!  
 Please consider donating a pair of unworn socks, that will be distributed to those suffering homelessness.*

## WHO IS NAMI AND WHAT WE DO

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an association of hundreds of local affiliates, state organizations, and volunteers who work in your community to raise awareness and provide support and education that was not previously available to those in need.

### What We Do

NAMI relies on gifts and contributions to support our important work:

**We educate.** Offered in thousands of communities across the United States through NAMI State Organizations and NAMI Affiliates, our education programs ensure hundreds of thousands of families, individuals and educators get the support and information they need.

**We advocate.** NAMI shapes national public policy for people with mental illness and their families and provides volunteer leaders with the tools, resources and skills necessary to save mental health in all states.

**We listen.** Our NAMI HelpLine allows us to respond personally to hundreds of thousands of requests each year, providing free referral, information and support a much-needed lifeline for many.

**We lead.** Public awareness events and activities, including Mental Illness Awareness Week and Walkathons, successfully fight stigma and encourage understanding. NAMI works with reporters on a daily basis to make sure our country understands how important mental health is.

NAMI Western Massachusetts has our annual walkathon in May that draws hundreds of concerned citizens every year who walk together to raise money and awareness about this often misunderstood illness.

Please consider forming a team or walking as an individual at the 2022 Walkathon in support of NAMI Western Massachusetts.

### What is NAMI Western Massachusetts?

We are a non-profit organization along with our dedicated volunteer members and leaders that work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our Western Massachusetts community living with mental illness and their loved ones. All programs are offered at no cost to the public. We also have a volunteer program where members work in our office, participate in special events and other activities. Our office is open Monday - Friday from 8:30 a.m. - 3:00 p.m. and has a lending library and other resources serving Hampden, Hampshire and Franklin counties.

### Our Values

- Hope: We believe in the possibility of recovery, wellness and the potential in all of us.
- Inclusion: We embrace diverse backgrounds, cultures and perspectives.
- Empowerment: We promote confidence, self-efficacy and service to our mission.
- Compassion: We practice respect, kindness and empathy.
- Fairness: We fight for equity and justice.

### For more information:

NAMI Western Massachusetts  
324A Springfield Street  
Agawam MA 01001

(413) 786-9139 ~ (800) 295-2121

[www.namiwm.org](http://www.namiwm.org) ~ [information@namiwm.org](mailto:information@namiwm.org)

# NAMI

## Western Massachusetts

### Walkathon 2023

'A Journey of Hope and Recovery'

### 23<sup>rd</sup> Annual Walkathon to benefit

### NAMI Western Massachusetts



Sunday  
May 21, 2023

Beginning at  
11:00 a.m.



To Register  
please scan the  
QR code