



**Build your own Team  
and have more fun!**

It's easier than you think, people want to help. Want to walk as a team? Team forms available at [www.mhafred.org/walk2011](http://www.mhafred.org/walk2011). Email or call MHAF to request a team form.

Teams are the heart of the **Walk for Mental Wellness**. By getting more people involved, you're doing even more to raise awareness and funds that will help people who struggle with mental health conditions.

Building a team is fun and easy! Recruit family, friends, and co-workers to join you in supporting this important cause. You are essential in making the Walk for Mental Wellness a success, so get an early start and make this a fun event for you and your family and friends while helping others.

**Please Join Us!**

**Walk for Mental Wellness** – a fun, family day in the park. Walk for the 1 in 4 families who will need mental health services this year. Walk in honor or memory of a loved one. Every dollar you raise helps someone right here in our community. Walk with Us!

**Walk for Mental Wellness**

9:00 am Registration  
9:30 am Warm-up by Bodyworks  
9:45 am Sponsor & Team recognition  
10:00 am 1-Mile or 3-Mile Walk

**Free Commemorative t-shirts to walkers  
who raise \$50 or more!**

Walk t-shirts are chosen from designs created by individuals in our community. Each year's design is a unique work of art, designed specifically for this event and available only through MHAF.

**2011 Sponsors**

**Dennis Ahearn Estate  
Planning**

**Downtown Bodyworks  
Fitness**

**Family Solutions**

**Family Preservation  
Services**

**Free Lance-Star**

**G. L. Herndon Insurance**

**National Counseling Group**

**Ulman's Jewelry**

**Union First Market Bank**

**Virginia Partners Bank**

**Rappahannock Area Community  
Services Board**



**4th Annual  
Walk for  
Mental Wellness**



**Saturday, May 7, 2011  
10:00 am  
Hurkamp Park  
Downtown Fredericksburg**

**Register online  
[mhafred.org/walk2011](http://mhafred.org/walk2011)**

**It's more than a Walk!**  
Enjoy family fun!  
Moon Bounce, face painting, food, prizes,  
live local music and silent auction

**WANT MORE INFORMATION?**  
Call MHAF at 540-371-2704 or  
visit our website at [www.mhafred.org](http://www.mhafred.org)