

Get this Pop-Socket
Just by registering as a
Team Captain before July 31



5K Walk for Mental Health Awareness
Oct. 9, 2021

Register
Now!

NAMI Walks
YOUR WAY
Team Captains!

Register 10+ weeks before your NAMI Walks Your Way Day and receive a NAMI Walks Your Way PopSocket!

PopSockets will be sent directly to qualifying Team Captains from NAMI, Inc.

A hand holding a smartphone with a PopSocket attached to the back. The PopSocket has the NAMI Walks YOUR WAY logo and "MENTAL HEALTH for all" text. Two other PopSockets are shown separately: one upright and one lying flat, both with the same branding.

Create a Team and Sign Up as a Team Captain

Creating a Team, setting a Team Goal, and inviting friends and family to your Team will go a long way to raising awareness and funds for local mental health programs. Team Captains are the heart of our 5K Walk and we cannot do this without you!

We walk for **Mental Health for All!**

Register
Now!



How to Create an All-Star Team



Notice that ASK is at the very center of the model. You never know who will want to walk with you or donate to your efforts unless you ask. Remember, you are not asking for yourself. You are asking for NAMI, a cause important to you and the community.

www.namiwalks.org/jacksonville
#NAMIJax #MentalHealthforAll #NotAlone

