**Go to [http://frontporchforum.com/](http://frontporchforum.com/%22%20%5Ct%20%22_blank) and let your neighbors know about MINDwalk and your fundraising efforts!**

**Copy and Paste:**

MIND Walk 2017 for Mental Health!

Join us to stomp out stigma and support mental health

Sunday, September 24th @ 1pm (Registration begins at noon)

City Hall Park, Burlington VT

MINDWalk is the biggest mental health Party of the year. Join us as we celebrate the hope of recovery, stand up for mental health parity, and stomp out stigma in a 5k Walk in downtown Burlington led by the Brazilian beats of Sambatucada. All proceeds benefit free community mental health programs in Vermont. Registration for Teams, Individuals, and Wifi walkers who can't make it to Burlington are NOW OPEN

* No Registration Fee!
* You can "Wifi Walk" from home
* Signing up takes 5 minutes at www.namivt.org/walk
* Every Walker receives tools and materials to help stomp out stigma, share stories, and help others understand about mental illness.

We walk because we believe people who have a community, a voice, and the light of day are strong and cannot be ignored.

Neighbors, here is a link to my team if you want to join me or donate! [paste your link here]