



National Alliance on Mental Illness

PRESS RELEASE

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For Immediate Release

**THOUSANDS WILL WALK ON SATURDAY TO RAISE AWARENESS OF
MENTAL ILLNESS TREATMENT AND RECOVERY**

Reedy Creek Park, Charlotte, NC – Mental illness affects everyone. Now more than ever, our communities need education about mental illness treatment and recovery. **On Saturday, October 26, 2019**, hundreds of advocates will come together to raise awareness of mental illness at the annual NAMIWalks Charlotte.

NAMI Charlotte is presenting the NAMIWalks 5K event to spread awareness of mental illness, to raise funds for its programs in the community and, most of all, to celebrate recovery.

“Mental illness is very common,” referring to the statistic that one in five people experience a mental health disorder each year. “We know that treatment works and recovery is possible, and that’s why we are here today.”

WHO: *Ronald Clark, Peer Engagement Specialist - Walk Marshall
Cardinal Innovations*

Hundreds of community members affected by mental illness

WHAT: Annual 5K NAMIWalks Charlotte

WHERE: 2900 Rocky River Road – Shelter 4 Charlotte, NC 28213

WHEN: *October 26, 2019 8:00 – Registration – Walk Starts at 8:30. Mental Health Educational Fair and other activities will be held from 8:30 – 11:00 am.*

NAMIWalks Charlotte will benefit NAMI Charlotte, a non-profit organization dedicated to improving the lives of individuals and families affected by mental illness. For more information, contact the NAMI office at 704-620-5628 or namiwalks@namicharlotte.org