



HOW YOU CAN PARTICIPATE

Register and Give at:

www.NAMIWalks.org/UpstateSouthCarolina

- **BE A WALKER**

It is easy to raise awareness about mental illness and raise funds to improve the lives of those affected by mental illness. All you have to do is:

- **SET A GOAL:** This is the key to successful fundraising. For example, let's say you set a personal goal of \$100.
- **MEET YOUR GOAL:** It's not hard, just ask 10 people for \$10!
- **SURPASS YOUR GOAL:** It's as easy as writing a letter or an email to everyone you know and asking them to support your efforts. By using the NAMIWalks website, you could raise hundreds of dollars this way!
- **DOUBLE YOUR DOLLARS:** Ask if your employer has a matching gifts program. And ask your donors if their employers will match their gifts.

TO RAISE \$100: Ask five people for \$20, or ten people for \$10. Ask by phone, ask by mail, ask by e-mail, ask on Facebook, ask in person. Just ask!

- **CREATE A TEAM** Go to www.NAMIWalks.org/UpstateSouthCarolina

- **ASK.** Reach out to friends, neighbors, and fellow workers to join you in walking.
- **TALK ABOUT IT.** Tell your teammates why this WALK is important to you and ask them to do the same with their network.
- **LEAD BY EXAMPLE.** Create a team and a personal web page and encourage your teammates to do the same. Make a donation to yourself and the WALK.
- **PROMOTE IT.** Use posters, personal letters, e-mails, and social media tools to build your team and secure donations.
- **BRAND YOUR TEAM.** Create a team name, design a team t-shirt or some other distinctive clothing accessory to create a visual impression.
- **ENCOURAGE COMPETITION.** Support friendly competition among departments or companies and friends, plus offer incentives. Use our online tools at www.namiwalks.org to raise hundreds of dollars in a few short minutes.

- **MAKE A MONETARY DONATION**

- Online: Go to NAMIWalks.org/UpstateSouthCarolina and click on DONATE TO THIS EVENT
- By check: Payable to NAMI Greenville
Mail to NAMI Greenville, 2320 E. North Street, Suite L, Greenville, SC 29607

(NAMI is a 501(c)3 charity and your donations are tax deductible as allowed by law.)