



nami

National Alliance on Mental Illness

**Kane-south, DeKalb
and Kendall Counties**

FOR IMMEDIATE RELEASE

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**NAMI KDK 5k Run/Walk
The Race to End Stigma
Saturday, October 8, 2022 9:00am
Prairie Point Park in Oswego IL**

Join us for a community event celebrating the efforts of The National Alliance on Mental Illness Kane-South, DeKalb, and Kendall County to eradicate the stigma of mental illness. Come for a walk or run and stay for the food, music, and learn about our local resources! For more information and to register go to: <https://www.namikdk.org/namikdk5k>. For sponsorship opportunities: <https://www.namikdk.org/nami-5k-sponsorship-opportunities>

As a valued NAMI KDK supporter or someone interested in learning about NAMI, we encourage you to take part in this year's NAMI 5K. Not only does staying physically fit and active help improve your overall mental health, the proceeds from each participant registration or sponsorship will benefit NAMI KDK to help others in your surrounding community who struggle with mental health conditions. If you cannot participate, but would still like to show support for NAMI KDK, please donate at www.namikdk.org/give.

NAMI KDK (Kane-South, DeKalb and Kendall Counties) is your local resource for support of those with mental illness, their families, and their communities. We are an affiliate of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization and are dedicated to the eradication of the stigma of mental illness by improving the quality of life of all those striving for mental health wellness. The mission of NAMI KDK is to provide mental health education, support, and advocacy for individuals, family members, and communities.

For further information, please check our website: www.namikdk.org; email: info@namikdk.org.



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