



## NEWS RELEASE

**CONTACT:**

Lyndsie Post

616.732.1084

[Lyndsie.Post@davenport.edu](mailto:Lyndsie.Post@davenport.edu)

### **13<sup>th</sup> ANNUAL NAMI WALK TO BE HELD AT DAVENPORT UNIVERSITY**

*The Event Promotes Awareness about Mental Health Issues and Resources*

**GRAND RAPIDS, Mich., Aug 31, 2016** – The National Alliance on Mental Illness of Michigan (NAMI Michigan) is hosting the 13<sup>th</sup> Annual 5K NAMI Walk Saturday, Sept. 10, 2016 at Davenport University's W.A. Lettinga Campus. This is the first NAMI Walk to be held in West Michigan, creating awareness about mental health issues and resources while also raising funds. While the event is free, participants are encouraged to seek donations from friends and family. On-site registration begins at 8:00 a.m. and the walk begins at 10:00 a.m., rain or shine.

"Stigma is the leading barrier to early diagnosis and treatment of mental illness," said Kevin Fischer, Executive Director of NAMI Michigan. "The NAMI Walk is an opportunity to overcome this stigma, increasing public awareness of mental health issues and resources while raising funds that will help NAMI continue to provide education, support and advocacy to those in need."

Ninety percent of all funds raised will be used to support NAMI programs in Michigan. Companies, organizations, students, places of worship and families are encouraged to pre-register organized teams at [www.namiwalks.org/grandrapids](http://www.namiwalks.org/grandrapids). For more information on how to become a sponsor, register a team or volunteer, please contact Shelene Hahn at (800) 331-4264 or [shahn@namimi.org](mailto:shahn@namimi.org).

<b>WHAT:</b>	<b>13<sup>th</sup> Annual NAMIWalk</b>
<b>WHEN:</b>	<b>Saturday, September 10, 2016</b> <b>Registration begins at 8:00 a.m.</b> <b>Walk begins at 10:00 a.m.</b>
<b>WHERE:</b>	<b>Davenport University</b> <b>W.A. Lettinga Campus,</b> <b>6191 Kraft Ave. SE, Grand Rapids, MI 49512</b>
<b>COST:</b>	<b>Free; Participants encouraged to seek donations</b>

#### **About NAMI**

NAMI is the National Alliance on Mental Illness, the largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families. Founded in 1979, NAMI has become the nation's voice on mental illness, a nationwide organization with affiliates in every state and in more than 1,000 local communities across the country.

**About Davenport University**

Founded in 1866, Davenport is a private, non-profit university serving about 8,500 students at campuses across Michigan and online. With tuition among the lowest of all private universities in the state, Davenport provides high academic quality, small class sizes, conveniently located campuses, faculty with real-world experience and more than 80 dynamic undergraduate and graduate programs addressing in-demand careers in business, technology, health professions and urban education. More information is available at [www.davenport.edu](http://www.davenport.edu).

# # #