



nami

National Alliance on Mental Illness

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

FOR IMMEDIATE RELEASE

Publish in Kane, DeKalb, & Kendall Counties, IL
June 28, 2018

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NAMI 5K Run for Mental Health, October 6, 2018

Join NAMI KDK on October 6th in Downtown Batavia, IL for our 2018 Run for Mental Health. The run/walk along the beautiful Fox River Trail starts at the Peg Bond Community Center at 151 N. Island Avenue, Batavia, IL at 9:00 a.m. Advanced registration is only \$35. All pre-registrants will receive a free technical racing shirt. Day-of registration is also available for \$40. All walkers and runners are welcome. Top finishers will receive fantastic trophies and medals. Register at www.nami5k.com.

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 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.nami5k.com.

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 support, education and advocacy for persons, family members, and communities dealing with mental health issues.

For further information, please check our web site: www.namikdk.org; email: info@namikdk.org or call 630-896-6264.