

101 Year Old Lucile Nichols Plans to Walk and Roll During NAMI Walks Alabama on September 26

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Lucile Nichols is looking forward to Changing Minds...One Step at a Time during NAMI Walks Alabama on September 26, at the Wynton Blount Cultural Park, in Montgomery. Her daughter, Nell Wright, former president of NAMI Wedowee, will push her in her wheelchair when she is too tired to walk. The public is invited to join Mrs. Wright and many others in raising awareness for mental health.



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The purpose of the 5K fundraiser is to support the education, advocacy, and support programs of NAMI Alabama. NAMI Walks Alabama is a joint effort of NAMI, NAMI Alabama, and NAMI Alabama Affiliates. "Our promise is to help build better lives for Alabamians affected by mental illness," said executive director, Wanda Laird. The NAMI Alabama We are pleased to have as our State Honorary Walk Chairperson, State Senator Cam Ward and Jane Nichols as our NAMI Alabama Board Walk Chairperson.

NAMI Alabama needs support from the public to make life better for those who suffer from mental illnesses such as major depression, bipolar disorder, and schizophrenia. People living with mental illness need help and hope; they need a community that supports them, their families, and their recovery.

For sponsorship opportunities, please call 334-396-4797. There is no registration fee for the Walk. Please see below the agenda for September 26. "We need teams to walk as we change minds...one step at a time," said Jane Nichols. Please visit www.namiwalks.org or www.namialabama.org to serve as a sponsor or join a team.

Changing Minds...One Step at a Time

Agenda

8:00 a.m. Registration / Check-In

8:30 a.m. Welcome / Introductions Wanda Laird, NAMI Alabama Executive Director

Jane Nichols, Board Chairperson

Charles "Ebbie" Alfree, III, NAMI Walk Manager

8:40 a.m. Warm-Up Exercise World Gym

8:50 a.m. Gold Sponsor Steve Meany, CEO

Information Transport Solutions

Montgomery Ballet Performance

9:00 WALK BEGINS!