

## County residents invited to join walk for National Alliance on Mental Illness

The National Alliance on Mental Illness-Minnesota ([NAMI-MN](#)) will host a 5K walk Saturday, Sept. 25 at Minnehaha Park in Minneapolis.

Individuals, families and groups from Washington County are invited to join "Team Washington County" for the 5K walk to support the mission of NAMI-MN. Check-in is 11:30 a.m. and start time is 1 p.m.

NAMI-MN's mission is to champion justice, dignity and respect for all Minnesotans affected by mental illness (brain disorders). NAMI is the nation's largest grassroots mental health organization dedicated to improving the lives of children and adults living with mental illness and their families.

"NAMIWalk is the largest anti-stigma event in Minnesota with over 2,300 walkers. People of all backgrounds come together each year in growing numbers to raise the public's awareness of mental illness and to break down

the stigma surrounding it. Join us in an inspiring demonstration of compassion in action," Team Washington County co-captain Roshell Heckendorf said.

For more information see [www.nami.org/nami-walks/mn/](http://www.nami.org/nami-walks/mn/) select "join an existing team."

