



**SEPTEMBER 15, 2018 2 -4 PM**

## STOMP OUT STIGMA

Bringing the Community together to end Mental Illness Stigma. Come join this Stomp-A-Thon and stomp around the track to Stomp out Stigma. Gather pledges and see how many laps you can walk around the track! Local behavioral health programs and medical professionals will be on hand to share resources and support groups available in the community. There will also be fun music, games, and food for the whole family to enjoy. **Lots of great raffle prizes to win, including a rare opportunity to view Bend from high above in the AirLink Helicopter!**

All money raised will stay within Central Oregon, helping families and individuals with mental illness. T-shirts and pledge sheets are available on our website, [namicentraloregon.org](http://namicentraloregon.org).

**TOGETHER, WE CAN STOMP OUT MENTAL ILLNESS STIGMA**



[NAMICENTRALOREGON.ORG](http://NAMICENTRALOREGON.ORG)

### STOMP-A-THON

**STOMP out STIGMA  
for Mental Illness**

**September 15, 2018**

**2 - 4 PM**

Sky View Middle  
School Track Field

63555 NE 18<sup>TH</sup> St.

Bend, OR

**WIN A  
HELICOPTER RIDE!**

Benefiting NAMI  
Central Oregon

We Educate  
We Support  
We Advocate

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