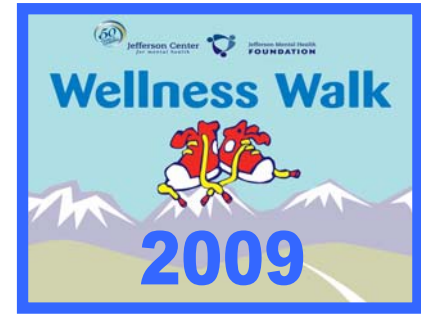


May 7, 2009



Dear Community Partner,

WALK AROUND THE LAKE, CHANGE SOMEONE'S LIFE

Join the staff, clients and community of Jefferson Center for Mental Health and the Jefferson Mental Health Foundation for our 11th Annual Wellness Walk and help fund mental health services for individuals with serious mental health problems, who cannot afford services on their own.

Saturday, June 13, 2009, Clement Park in Littleton
Registration starts at 7:30 am
Walk/run starts at 8:30 am

Run, Walk, and Pet Walk • Prizes • Refreshments
Massages • Activities for Kids • Free Health Screenings •
Health Fair • Many other fun activities

JOIN US ...HELP US...GET INVOLVED

REGISTER!

Register online at www.jcmh.org or register the day of the event.

FORM A TEAM!

Gather your co-workers, friends, family, church members or any other group and form a team.

SET UP YOUR OWN WELLNESS WALK PAGE!

Once you register go to www.jcmh.org and click on "build your own page" to set up your own page where you or your team can include a request to support your participation, post stories or pictures.

POST A FLYER & REGISTRATION FORM!

Enclosed are several registration brochures and flyers, please post and/or distribute them.

GOT QUESTIONS?

Contact Susan Matthews, Wellness Walk Coordinator at 303-432-5144.