RAY OF HOPE:
Westmoreland County
Suicide Awareness and Prevention Task Force
8th Annual Suicide Awareness & Prevention Walk
Saturday, August 23, 2014 ~ Twin Lakes Park- Lower Lake

Location ~ The walk will begin at Twin Lakes Park **Activity Center located on the Lower Lake/Pavilion #7.** The walk course will include the upper lake (9/10 mile) and/or lower lake (1½ mile); you may choose your walk course. The walk will finish at **Pavilion #7** and we welcome you to stay and enjoy post-walk refreshments.

Who What & Why	The 2014 walk is for family, friends, and community members of ALL ages. This event is sponsored by The Ray of Hope: Westmoreland County Suicide Awareness and Prevention Task Force. Proceeds from the walk will go towards Task Force education and outreach initiatives, and financial support for the L.O.S.S. Support Group for Survivors of Suicide, sponsored by Mental Health America of Westmoreland County. Wellness Activities will take place from 9:30am to 11:00 am prior to the walk.
Survivors Event	If you have lost a loved one to suicide, please join us for refreshments and discussion from 9:15 am to 10:00am. This event is open to survivors of suicide and will allow family members and friends to share memories and meet other survivors as well as personalize a remembrance item. **There is no additional cost but pre-registration is required for this event.** A memory wall also will be available for photos of those lost to suicide. Memory quilt kits will again be available for a suggested donation of $5. Held in Activity Center, Lower Lake.

Registration ~ Register by mail or on the day of walk. Registration fee includes a T-shirt**, gift bag**, refreshments, chance for door prizes, and fellowship with others who walk in support of suicide awareness and prevention**. DAY OF WALK REGISTRATION & SIGN IN: 10 a.m. – 10:45 a.m ~ Walk begins at 11 a.m.**

Adults: $10 until August 1st
**$15 Aug. 2nd – Aug. 22nd
**$15 Walk day registration

Children: 12 yrs. & under walk **FREE**
** T-shirts available for $5

Adult pre-registration includes a T-shirt, gift bag, refreshments, and a chance to win door prizes

****T-Shirt and gift bags are not guaranteed for registrations received after August 1st ****

Name:											**Adult**		**Child**
Address:							**City/State/Zip:**						
Phone:							**Email Address:**						
Adult T-Shirt Size (circle size)	**S**	**M**	**L**	**XL**	**2XL**	**3XL**	**Child T-Shirt $5 (circle Size)**	**S**	**M**	**L**	**Amount Enclosed:**	**$**	

	I **will not** be participating but would like to make a tax deductible donation to the Ray of Hope: Westmoreland County Suicide Awareness and Prevention Task Force in the amount of $ _____. **(Make checks payable to MHA-Walk)**
	I **will** be participating in the Survivor's Reception.
	I am walking in memory of a loved one/friend lost to suicide.

Make checks payable to:

"MHA-Walk" and mail to MHA, 409 Coulter Avenue, Suite 4, Greensburg, PA 15601. For questions regarding the walk please call 724-834-6351 x 118. **PLEASE FILL OUT ONE REGISTRATION FORM FOR EACH ATTENDEE.**

Waiver: *I hereby waive and release any and all claims for damages or injury I may have against the sponsors and officials of the Westmoreland County Ray of Hope Suicide Prevention Task Force and its members, for my participation in said event of August 23, 2014 and for any and all injuries suffered. I also attest that I am physically fit and able to participate in this event, and acknowledge that photos of the event will be taken for non-promotional purposes.*

Signature (Required) Parent or Guardian must sign for child:	

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Walk Schedule

9:15 am - 10:00 am:…...Survivor's Event in Activity Center--Pre-registration Required
9:30 am - 11:00 am:……..Wellness Activities Outside
10:00 am - 10:45 am:……Day of Walk Registration & Sign-in
11:00 am:……..Opening Ceremony & Walk Begins

After the walk, please stay and enjoy refreshments and door prizes.

Directions to Twin Lakes-Lower Lake

***From Points East and West*:** Take Rt. 30 towards Greensburg. Turn onto Donohoe Rd. at the traffic light in front of Westmoreland Mall. From the east, this is a right turn. From the west, it is a left turn. Follow the road to the right towards the Toys R Us store. Continue straight through a traffic light and two stop signs. Turn left after second stop sign and follow the signs to Twin Lakes Park.

***From Points North and South*:** Take Rt. 119 to Greensburg and turn onto Rt. 30 East. Follow Rt. 30 East and turn left onto Donohoe Rd. at the traffic light in front of Westmoreland Mall. Follow the road to the right towards the Toys R Us store. Continue straight through a traffic light and two stop signs. Turn left after second stop sign and follow the signs to Twin Lakes Park .

All proceeds from this event go towards the Ray of Hope: Westmoreland County Suicide Awareness and Prevention Task Force to provide educational programming, purchase materials, and support Mental Health America's Survivors Group, LOSS.