



Run for Mental Health Team Challenge!

The Run For Mental Health has been a successful event in our community over the past few years and we would like to invite you to participate in our Team Challenge. The Team Challenge is an activity designed for friendly competition, bringing awareness and working to dispel the stigma around mental illness. Challenges such as this are successful with community support and promote teamwork and a healthier lifestyle. It's an opportunity to make overall wellness fun!

Individuals, businesses, and organizations throughout the Chatham-Kent area are invited to enter their teams into the Team Challenge to share a fun day with friends and coworkers while showing support for the community. Everyone who finishes the 5KM walk or run will receive a medal, as well as a special recognition award for the largest team! What better reward than a little bling?

Start planning your Team Challenge today with the Run For Mental Health! Be ready to start changing lives on May 12th, 2018.

Reasons to Participate:

- The possibilities for fun and teamwork are endless! Example: each team can develop their own team t-shirts to promote their companies, show spirit and to have as a keepsake.
- All proceeds from this event go directly to programs and services at The Mental Health Network of Chatham-Kent. It is an excellent opportunity for your team to become engaged in community giving through sport.
- Celebrate with your friends! Group training runs are one way to have fun before race day.
- Earn bragging rights! A little team spirit and camaraderie is never a bad thing! The team with the most participants will be awarded with a plaque.

Fundraising:

- Make your Run or Walk more meaningful by going the distance for The Mental Health Network of Chatham-Kent. Come together as a team to raise money to support this great cause! Your fundraising makes a difference!
- Need more incentive? The runner or walker who raises the most in pledges will win **\$100.00!**

To get your pledge sheet, visit our website at: www.mhnck.com

Register for the Run at: <https://raceroster.com/events/2018/15531/run-for-mental-health-2018>