

# INTO THE LIGHT<sup>SM</sup> WALK

SUNDAY EVENING, OCTOBER 3, 2010

At The Cleveland Metroparks Zoo



Are you concerned about depression and suicide prevention? This is YOUR Walk.

Come, walk with us at our 7<sup>th</sup> Annual Suicide Prevention Education Alliance (SPEA) “Into the Light Walk”

**MARK YOUR CALENDAR NOW!**

**DATE:** Sunday evening, **October 3, 2010**

**WHERE:** Cleveland Metroparks Zoo

**WHEN:** Check-In and Registration open at 5:45pm. All Walk activities finished by 8:30pm

**OUR WALK GOALS~**

- To “shine the light” on depression and suicide prevention.
- To provide an opportunity for survivors of suicide to experience healing in a safe, anonymous way.
- To raise \$100,000 to support SPEA’s prevention education program, *Recognizing Adolescent Depression and Suicide Prevention*.

Last year’s Walk saw more than 1,250 Walkers come out to help Suicide Prevention Education Alliance raise over \$90,000 to support our important mission. This year, we must raise \$100,000 to continue and expand our signature classroom program, *Recognizing Adolescent Depression and Suicide Prevention*.

We need your help to achieve our goal!  
Please **REGISTER TO WALK** on Sunday, October 3, 2010.

**Ways to register:**

1. Online at [www.helppreventsuicide.org](http://www.helppreventsuicide.org) then click on “Into the Light Walk 2010”
2. By Mail to Suicide Prevention Education Alliance (SPEA) 29425 Chagrin Blvd Suite 306; Cleveland OH 44122
3. By telephone: (216) 464-3471

Use the tools under “My HQ” to email friends, family and associates. Ask for their support of your Walk Team.

**Raise \$100 or more to receive a Lifesaver T-shirt at the Walk on October 3!**

*Support the only suicide prevention walk that funds services in Northeast Ohio. 100% of the funds raised by this walk remain in Northeast Ohio.*

Marti Neveu  
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Suicide Prevention Education Alliance (SPEA)  
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Cleveland, OH 44122  
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In-Office Days: Tuesday, Wednesday and Thursday  
[mneveu@speaneohio.org](mailto:mneveu@speaneohio.org)  
[www.helppreventsuicide.org](http://www.helppreventsuicide.org)