

# 17th Annual Ray of Hope Suicide Awareness & Prevention Walk

## Saturday, September 9, 2023

### Twin Lakes Park ~ Lower Lake

#### ~ Walk Registration Form ~

**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.

#### Survivor's Event

**Survivor's Event Check-in: 9:00 a.m. to 9:15 a.m.** If you have lost a loved one to suicide, please join us for refreshments and discussion from 9:15 a.m. to 10:00 a.m. This event is open to survivors of suicide loss 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. Held in Activity Center, Lower Lake near Pavilion 7.

**Registration** ~ Register on-line, 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.

**PLEASE FILL OUT ONE REGISTRATION FORM FOR EACH ATTENDEE**

**DAY OF WALK REGISTRATION & SIGN IN: 10:00 AM– 10:30 AM**

**Opening Ceremony: 10:45 AM ~ Walk begins immediately after**

**Please stay after the walk for lunch, fellowship, and prizes**

**Adults:** \$15 until August 19<sup>th</sup>  
 \*\*\$20 Aug. 20<sup>th</sup> – Sept. 8<sup>th</sup>  
 \*\*\$20 Walk day registration

**Children:** 12 yrs. & under walk **FREE**  
 \*\*Child T-shirts available--same cost as adult shirts

Adult pre-registration includes a T-shirt, gift bag with promotional items, refreshments, and a chance to win door prizes. Tickets will be sold for raffle prizes.

**\*\*T-Shirt and gift bags supplies are limited, so register early!**

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

<b>Name:</b>											<b>Adult</b>	<b>Child</b>	
<b>Address:</b>											<b>City/State/Zip:</b>		
<b>Phone:</b>											<b>Email Address:</b>		
<b>Adult T Shirt Size (check size)</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>2XL</b>	<b>3XL</b>	<b>4XL</b>	<b>Child T Shirt (check Size)</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>Amount Enclosed:</b>	<b>\$</b>
<input type="checkbox"/> I <b>will not</b> be participating but would like make a donation. (Make checks payable to MHA-SWPA Walk)													
<input type="checkbox"/> I <b>will</b> be participating in the Survivor's Event.													
<input type="checkbox"/> I am walking in memory of a loved one/friend lost to suicide.													

**Make checks payable to: "MHA-SWPA Walk" and mail to:**

**MHA-SWPA Walk, 409 Coulter Avenue, Suite 4, Greensburg, PA 15601 ~ For questions please call Lisa Goldberg 724-875-2415.**

*Waiver: I hereby waive and release any and all claims for damages or injury I may have against the sponsors and officials of the Ray of Hope Suicide Awareness and Prevention Task Force and its members, for my participation in said event of Sept. 9, 2023 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:**

# Walk Schedule

9:00 am-9:15 am.....Check-in at registration for Survivor's Event  
 9:15 am - 10:00 am.....Survivor's Event in Activity Center--Pre-registration Required  
 10:00 am - 10:30 am.....Day of Walk Registration & Sign-in  
 10:45 am.....Opening Remarks & Ceremony

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 Goodwill. Continue straight through a traffic light and two stop signs. Turn left after second stop sign and follow the signs to Twin Lakes Park, Pavilion 7/Community Center near the Boat House.

*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 Goodwill. Continue straight through a traffic light and two stop signs. Turn left after second stop sign and follow the signs to Twin Lakes Park, Pavilion 7/Community Center near the Boat House.

