



Join the movement!

Find Your Rhythm

Find Your Voice

The Scoop:

Dance your way into spring with a day of movement, self-expression, and food. This phenomenal event will be **free** and open to the public. Registration is encouraged so we can plan for lunch; just turn this flyer over and get yourself signed up.

NAMI stands for the National Alliance on Mental Illness. NAMI North Carolina provides free support groups and classes - along with advocacy, presentations and more - so that all affected by mental illness can build better lives... and have more fun!

When:

11 am - 3 pm on Saturday, March 16, 2019

Where:

Pullen Community Center, 408 Ashe Ave., Raleigh, NC, 27606
(see map on back)

Program:

- 11 am Doors open
- 11:15 Music starts
- Free dance lessons with Kimberly
- 12:15 Break
- 12:30 Lunch
- 1:45 Option 1 - Stories of recovery with NAMI In Our Own Voice
- Option 2 - The Voice of Fun: Enjoying the Triangle on a Budget
- 3 pm We're done!



EAT, DRINK & BE MERRY: Delicious lunch, fruit, cookies, beverages, and more. **FREE.**

ENJOY: Dance lessons, fun, awe-inspiring presentations, and more. **ALL FREE.**

Please RSVP no later than Friday, 3/8 - just fill out the section at the bottom and return. To respond via email, scan or take a clear photo of your completed form and send it in. Need another form? You can find and download it here: www.naminc.org.

Mail or drop off: NAMI NC
 309 W. Millbrook Road
 Suite 121
 Raleigh, NC 27609
 Attention: Inclusion

Email: events@naminc.org
 Subject: Inclusion

Fax: 919-788-0906

Thanks to our generous sponsor!



FIND US HERE!

Pullen Community Center
 408 Ashe Ave., Raleigh, NC

From the GoRaleigh Station at
 214 S. Blount Street:

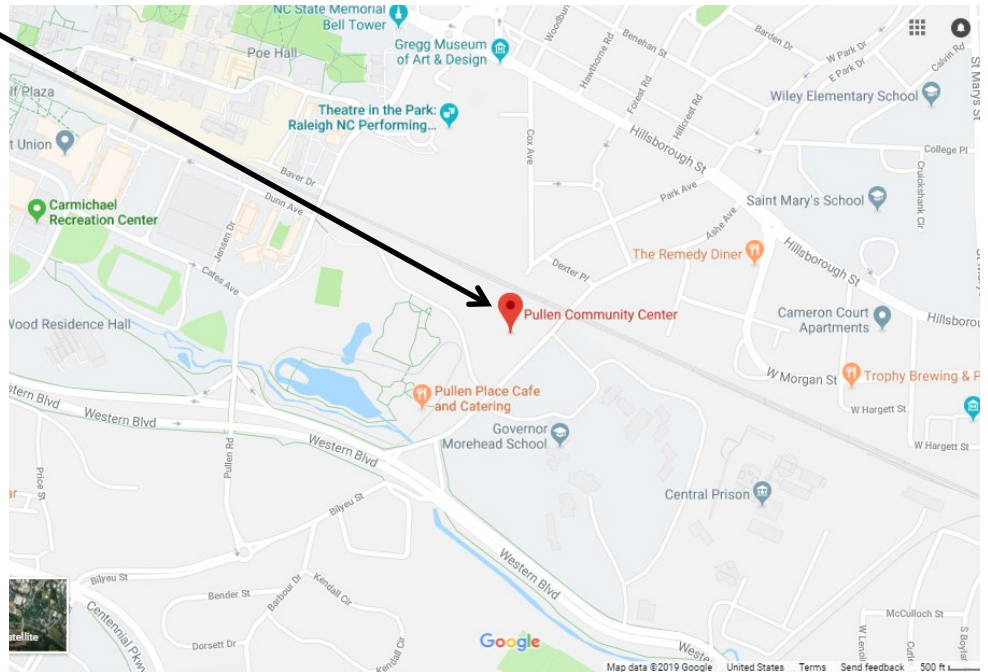
Take **Bus Route 4** to the corner of Hillsborough and Forest. The Pullen Center is a 12 minute walk.

-OR-

Take **Bus Route 100** to the corner of Hillsborough and Forest. The Pullen Center is a 12 minute walk.

-OR-

Take **Bus Route 300** to the corner of Western Boulevard and Ashe Avenue. The Pullen Center is a 5 minute walk.



I'm in! Sign me up.

Name _____

Street Address: _____

City _____ County _____ State _____ Zip _____

Phone: _____

E-Mail _____

Yes, I would like to receive electronic newsletters and other updates from NAMI North Carolina