

Hello family and friends,

I am reaching out to you for your help. As many of you know, I am a big supporter of Gilead Community Services, a non-profit agency which provides support services, housing, and clinical treatment for individuals living with mental illness. Gilead has formed a team of walkers, runners, and cheerers for the Middletown Road Race taking place on Sunday, April 8th, 2018. We hope that our involvement in this race will raise awareness about mental illness and also raise funds for our agency.

Do you know that 1 in every 5 Americans live with a mental illness?

Picture a swarm of TEAM GILEAD members making our way down Main Street, all dressed in our TEAM GILEAD t-shirts, educating more and more people about mental illness with every stride that we make.

You can support the effort! If you are unable to join us on the race, day consider helping me to reach my fundraising goal of **\$250** which is the amount needed to sponsor a client to walk. This **\$250** will pay for new sneakers, the registration fee, incentive gifts, and a t shirt. You can make a donation in my name on our *Crowdrise* fundraising page at _____ Just click on my name or picture. *Crowdrise* has a minimum donation of \$10, but if you would like to donate less than \$10 or if you just prefer to donate with cash or check you can send that to:

Gilead Community Services

P.O. Box 1000

Middletown, CT 06457

(Indicate that your donation is going towards me.)

Thank you all in advance for your generosity!