

Suicide is a national health problem that takes an enormous toll on families, friends, co-workers, and the entire community. In the United States, a person dies by suicide every 16 minutes, claiming approximately 30,000 lives each year. It is estimated that approximately 750,000 people attempt suicide each year, which equals out to be about one attempt every minute. Suicide is a community problem and everyone can have a role in the solution.

SPN of Marinette & Menominee Counties is a local, non-profit, volunteer organization that is dedicated to bringing suicide awareness to our community, to provide educational opportunities through stand alone events, and to participate in local functions.

By walking in, sponsoring, or donating to SPN's "Embrace Life" Family Fun Walk, you will be helping to raise money for suicide awareness, educational, and student scholarships for Marinette/Menominee Counties.



100% of contributions stays local.

Walk, Raise, Remember—Save a Life!

Walk with families, friends, co-workers, and your community. You can ride your bike, walk, run, bring the stroller, bring a wagon, bring your family and friends and have a great fun walk for Suicide Awareness in our community. (Friendly dogs are allowed on leashes. Owners are responsible for their behavior and need to pick up after them.)

At the beginning and the end of the walk, we will have Memory Balloons for sale, FREE oranges and water.

Local businesses can support our community and donate to SPN causes. Donations of \$300 or more will receive a Free QPR training for their business.

Keep October 2nd, 2016 open for walking with Family and Friends to support the Embrace Life Scholarships which will be distributed to Marinette and Menominee County groups for their suicide prevention, intervention or postvention programs, Embrace Life Essay Scholarships, and training programs, such as QPR.

We are looking to remember those loved ones we have lost to Suicide and are taking names to read at our opening ceremony. Please submit those names who have lost their life to suicide to; SPN even if you can not walk with us that day so we can have a moment of silence and remember.



PO Box 617
Marinette WI 54143

Phone: 906-290-2727 or 715-330-8660
spnmmc@gmail.com
WWW.SPNNMC.org. or spnmmc@gmail.com
Visit our Facebook Page at
SPN Menominee



Annual SPN "Embrace Life" Family/Community Fun Walk



**Sunday,
October 1, 2017**

**Walk to Prevent Suicide
Walk to Save Lives
Walk For a Loved One
Walk to Raise Funds**

Suicide Prevention Network
of
Marinette and Menominee Counties

**906-290-2727 or
715-330-8660**

REGISTER TODAY! DONATE TODAY! SUPPORT A WALKER TODAY!

“In Loving Memory of ” : _____

Entrance Form:

Walker: _____ Team Name: _____

First Middle Last (Business, School, Organization, Family)

Home Phone: _____ - _____ - _____ Cell: _____ - _____ - _____ E-Mail: _____

Address _____

Street City State Zip

Sex: M F Age: _____ Shirt Size: (circle one) S M L XL XXL

By submitting this form or by participating in this event, I hereby waive and release any and all rights and claims for damages that I may have against you, the municipalities through which EMBRACE LIFE Family Fun Walk will take place, as well as any other person connected with the EMBRACE LIFE Family Fun Walk, their heirs, executors, successors, businesses and assigns fore any and all injuries that I may suffer while taking part in the EMBRACE LIFE Family Fun walk, or as a result thereof.

MUST BE SIGNED (Minors under 18 must have a parent/guardian signature) _____

Walker's/Guardian Signature Date

Sponsor/Donations: My Employer: _____ has a matching gift program. I have attached the matching gift form.

Sponsor Name	Address	City	Zip	\$10	\$20	\$100	Other

Register:

Pre-register by mailing this completed form and any donation to:
Attn: Gail Schick/Robin Elsner @ PO Box 617, Marinette WI 54143
Or

Register day of walk: Registrations begin at 12p.m. Open remarks at 1p.m. Walk to begin immediately after opening remarks

A \$20 registration fee is suggested, and includes a free t-shirt

Donating—It's Easy!

If you wish to donate by check or money order please follow the instructions below:

1. Make all **CHECKS** payable to: **SPN**
2. Mail all donations to: SPN c/o Gail Schick/Robin Elsner - PO Box 617, Marinette WI 54143.

**Registration & Check –in begins at 12p.m.
Opening Ceremony at 1:00p.m.
Walk to start immediately following
Opening Ceremony.**

No Packer game today

ROUTES

1.5 MILE-Start at the Harbors @ 1110 10th Avenue, Menominee MI, over the Menekaunee Bridge.

3.0 Miles Harbors over Menekaunee Bridge and back to the Harbors.

4.5 MILES (The “Loop”) – Harbors, to Menekaunee Bridge, down Water Street, to Interstate Bridge back to the Harbors.

5.6 MILES-Harbors over Menekaunee Bridge, down Water Street, to Hattie Street Bridge, down 10th Avenue back to the Harbors.

- A memorial reading of names will be part of our open ceremony, please submit “In Loving Memory Names” prior and up to day of walk to Gail Schick at 906-290-2727 or at top of registration form.
- Additional prizes will be rewarded day of walk for person raising most donations, first walker in, last walker in, and many more.
- Walkers are welcome to place picture or leave a message in honor of the one you lost to suicide.
- Memorial balloons will be for sale. Memorial balloons may be purchased in honor of loved one in advance by calling Gail Schick @ 906-290-2727
- Grilled hot dogs and brats for sale day of the walk.
- And much, much more the day of the walk.



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