

NAMI LEHIGH VALLEY 5K RUN and WALK

In fall, NAMI Lehigh Valley holds a fundraiser, a 5K Run and Walk. We can use your help!

We need volunteers to

- Place race/walk brochures in local gyms, YMCAs, etc., a couple months ahead
- Help plan for and pick up food
- Put packets together for runners
- Help set up run route
- Set up signs, arrange tables and food stations
- Hand out water bottles
- Help with sign-ups