



This Year, Thousands will Walk for Suicide Prevention

BE ONE OF THEM

By walking in AFSP's Out of the Darkness Community Walks, you will be walking with thousands of people nationwide to raise money for AFSP's vital research and education programs to prevent suicide and save lives, increase national awareness about depression and suicide, and assist survivors of suicide loss.

**Out of the
DARKNESSSM**
COMMUNITY WALKS
American Foundation for Suicide Prevention

JOIN THE SAN DIEGO 5K WALK TODAY!

San Diego, CA

Saturday - October 18, 2008

Check In: 9:00 am * Walk Begins: 10:00 am

DeAnza Cove (off Mission Bay Drive)

**CONTACT: Stephanie Cadirci, Walk Coordinator at scadirci@hotmail.com
Or (619) 987-9087**

FOR INFORMATION ON AFSP, GO TO: www.afsp.org

Register today at OutOfTheDarkness.org