



***Sunday, September 23rd, 2018
Spring Point Ledge Lighthouse***

Team Tshirt Contest

Gather your Team and come to the Walk in your most creative, stigma-busting Tshirts! The Team Tshirt Contest is back this year and we are so excited to see what you design!

If you would like your Team's Tshirt to be included in the Contest, ***please supply NAMI Maine with one (1) Tshirt by Monday, September 17th***. We will then bring each of the Tshirts to the Walk for voting at the event. You MUST include your Team's name somewhere on the Tshirt!

Here are some ideas:

- *Picture(s) of loved ones you want to honor
- *Inspirational quotes and messages
- *A Team slogan

Materials you can use:

- *Any type of Tshirt
- *Fabric markers
- *Puff paint

- *Permanent markers
- *Stencils
- *Tye-Dye
- *...the possibilities are endless!

The true power of the NAMI Maine Annual Walk lies in bringing the community together to decrease stigma and raise awareness. As our largest public education event, it is exciting to see all the ways in which Teams join together to engage in the mission of the Walk.

If you have any questions about the Team Tshirt Contest, please email events@namimaine.org or call 622-5767 ext. 2308.

Remember: we must receive your Team Tshirt by Monday, September 17, in order for it to be considered for the Contest.

Regardless if your Team participates in the Contest or not, we hope to see every Team unified in the same Tshirt for Team Pictures!