[Organization Name if applicable -delete if not applicable]

DATE:

TIME:

LOCATION:

REGISTER:

Team Captain [name & contact information]

**Break the Silence**

Bring your family and friends to walk to raise awareness and funds for maternal mental health disorders like postpartum depression.  These disorders impact up to 1 in 5 women but often are not diagnosed or treated leaving families to suffer in silence. [We'll also pass out awareness materials including balloons.]