



Dear Sponsor,

I am writing to seek your support for our upcoming *Sound Mind-Sound Body Community Walk* to benefit the Connecticut Mental Health Center (CMHC) Foundation. The walk will take place Saturday morning, September 11, 2010, at Long Wharf Park and Leon's Restaurant in New Haven. Our goal is to have 200+ walkers to join us in raising \$20,000 to help people in mental health and addictions recovery live healthy, safe and meaningful lives in the community. Your sponsorship gift of money, merchandise, or services will help us reach our target and make an extraordinary difference in the lives of the people we serve.

One in five Americans lives every day with a serious mental illness such as schizophrenia, bipolar disorder and chronic depression. Many live in poverty and are homeless or poorly housed and some also struggle with addictions. In the last few years we have been alarmed to discover that people with serious mental illness also have a life expectancy 25 years shorter than the general population due to the stressors of poverty and the inadequate treatment of physical health conditions such as diabetes, cardiovascular disease and obesity. The *Sound Mind-Sound Body Community Walk* aims to promote wellness for everybody while raising awareness of the important connections between physical and mental health.

The CMHC Foundation is a private non-profit supporting organization for the Connecticut Mental Health Center (CMHC) and the Community Services Network (CSN) for which CMHC is the lead agency. Together CMHC and the CSN provide an array of clinical, housing, employment and other supportive services for nearly 10,000 adults in Greater New Haven who are poor and have serious mental health and/or addictions problems. The CMHC Foundation provides direct and immediate financial assistance to clients, develops innovative programs that help individuals access resources and opportunities in the community, and raises public awareness about mental health and addictions issues and the resources available through CMHC and the CSN.

Please consider making a generous contribution to the *Sound Mind-Sound Body Community Walk*. Detailed sponsorship forms are enclosed. Because we are a 501(c)(3) organization, your gift to the CMHC Foundation is tax deductible in the United States as allowed by law. We have also enclosed additional information about the walk for your review and hope you will promote this exciting event within your organization and with your clientele.

On behalf of the thousands of people we serve every year, I want to thank you in advance for your consideration of this request. Please feel free to contact me directly with any comments or questions.

Kind regards,

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