



CONNECTICUT MENTAL HEALTH CENTER FOUNDATION
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Dear Friends and Colleagues,

I am writing to let you know of an exciting upcoming event that the CMHC Foundation is presenting to increase awareness of the important connection between good mental and physical health and to raise funds to promote health and wellness for people in recovery. *Sound Mind-Sound Body Community Walk* is a fundraising event that will take place on Saturday, September 11, at Long Wharf Park and Leon's Restaurant in New Haven. More information about the walk—registration, pledge and sponsorship forms—is included here for your review.

A CHALLENGE FROM THE CMHC FOUNDATION

The CMHC Foundation is offering a special fundraising challenge to all groups and organizations that sponsor a Walk Team:

All teams that raise at least \$1,000 will be able to designate 25% of their total earnings to an agency or organization of their choice that provides support to people in recovery for health and wellness initiatives and programs.

We hope you can take advantage of this terrific opportunity to join us in promoting health and wellness for people in recovery and to raise funds for your organization to continue its good work in the community.

The CMHC Foundation is a private non-profit 501(c)(3) that helps people in recovery served by Connecticut Mental Health Center and the Community Services Network live healthy, safe and meaningful lives in the community.

For questions or more information about the *Sound Mind-Sound Body Community Walk*, please contact Sharon DeGenaro at 203-974-7082 or sharon.degenaro@yale.edu. You can also visit us at the CMHC Foundation website: www.cmhcfoundation.org.

Thank you and we hope to see you at the walk!

Kind regards,

Kyle Pedersen, Director
CMHC Foundation

SOUNDMIND SOUNDBODY
Community Walk