

Mind and Wellness Foundation



FREQUENTLY ASKED QUESTIONS (FAQ'S)

WHAT DAY/DATE IS THE MAWF 'MENTAL BREAK' WALK/RACE SCHEDULED?

The MAWF Mental Break Walk is scheduled for **Saturday, November 30th**, the Saturday following Thanksgiving. This date is particularly meaningful as it also commemorates the celebration of life for **Chris Vaughn**, and we have set it aside for the walk in his honor following his passing.

WHAT TIME IS THE WALK/RACE SLATED TO TAKE PLACE ON SATURDAY, NOVEMBER 30TH?

The Mental Break Walk is scheduled for Saturday, and we're asking that walks take place between **8 AM and 5 PM EST**. If you'd like to walk with others in the community, we'll be posting locations, times, and contacts leading up to the event. Remember, you can also walk independently at a time of day that works best for you if you prefer; you won't be alone! Interested in coordinating/leading a 'Mental Break' walk in your area? Email Deneen Vaughn at Vaughndeneen@gmail.com

WHAT IS A VIRTUAL WALK/RACE?

A virtual walk/race is a walk that can be walked (or run) from any location you choose. You can run, jog, or walk on the road, on the trail, on the treadmill, at the gym, or on the track. You get to run your own race, at your own pace, and time it yourself. Running and walking on your own or with friends, family and people within your own community is highly encouraged!

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HOW MUCH DOES IT COST TO REGISTER FOR THE MAWF 'MENTAL BREAK' WALK/RACE?

The registration fee for the **MAWF 'Mental Break' Walk/Race** is **\$55**, which includes a shirt and shipping. Thank you for your interest in supporting this important event!

Register now at <https://potomac.enmotive.com/events/register/2024-mental-break-walk>

WHAT IS THE DEADLINE FOR REGISTRATION?

Online registration will close on **Wednesday, November 20 at 8:00 pm** and shipping will start on Friday, November 22.

Be sure to register by **November 13** to be guaranteed a shirt in your preferred size!

I AM UNABLE TO PARTICIPATE IN THIS YEAR'S 'MENTAL BREAK' WALK/RACE CAN I SIMPLY DONATE?

Yes, you can donate to the MAWF 'Mental Break' Walk/Race even if you can't participate! Here's the link: <https://www.mindandwellnessfoundation.org/ways-to-give>

Your donation is Tax Deductible. MAWF Non-Profit EIN: 88-1073512

HOW CAN I BECOME A SPONSOR OF THE MAWF 2024 MENTAL BREAK WALK/RACE?

To become a sponsor of the MAWF 2024 Mental Break Walk Race, you can explore various sponsorship opportunities available for both corporations and small businesses. These partnerships not only enhance your brand visibility but also contribute to a meaningful cause. For more details on sponsorship levels and benefits, visit <https://www.mindandwellnessfoundation.org/sponsorship>

We look forward to having you on board as a sponsor for this impactful event!