

WALK TO PREVENT SUICIDE



**WALK TO
SAVE LIVES**

**WALK TO
HONOR LOVED ONES**

**WALK TO
RAISE AWARENESS**

Annual SOS Conference
for those struggling to heal after
the suicide of a loved one.

Saturday, November 21, 2009
9am-3pm
Meredith College, Raleigh

Out of the Darkness 5K Community Walk

**Sunday, November 8, 2009
2:00 PM
Capitol Building, Raleigh, NC**

No registration fee - donations welcome
Register online at www.outofthedarkness.org
For more information: 1-800-897-7494



The NC State Capitol Building is located at One East Edenton Street in Downtown Raleigh. The walk will kick-off here, continue through downtown, and end back at the Capitol with refreshments and LIVE MUSIC!