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PRESS RELEASE

TO: All Media

FROM: Emily Pratt, Health Educator

DATE: 09/05/2017

SUBJECT: Annual Out of the Darkness Community Walk for Suicide Prevention

The Annual Marquette County Out of the Darkness Community Walk will be held this Saturday, September 9th at Al Quaal Recreation Area in Ishpeming hosted by the Marquette County Suicide Prevention Alliance. Registration begins at 9:00AM and the event activities will begin at 10:00AM. The proceeds support the American Foundation for Suicide Prevention's local and national education and advocacy programs and its bold goal to reduce the annual rate of suicide 20% by 2025.

Everybody is welcome to attend the event and assist in raising awareness about this important public health issue. Individuals and teams from across Marquette County are planning to participate in the event to remember those lost to suicide and to support and bring hope to those affected by suicide.

Event activities include a featured speaker, balloon release, children's activities and scrapbooking. New this year, walkers are creating a community scrapbook to illustrate how suicide has affected our community. Scrapbooking supplies will be available at the walk for participants to design their unique page and to share their story with a picture, poem, or short story. The scrapbook will be on display and added to annually at the walk.

Local sponsors for the Marquette County Out of the Darkness Community Walk include Border Grill, Casa Calabria, Dave's Collision Center, Ishpeming Elks Lodge #447, Ishpeming Lions Club, Ishpeming Noon Kiwanis, MARESA, Marquette County Health Department, mBank, Negaunee Lions Club, Northern Veterinary Associates, OBGYN Associates, Pence Law, Peninsula Glass & Auto, Remies Bar, Rotary Club of Ishpeming, Saykily's Confectionary & Gifts, Skandia Lions Club, Steward & Sheridan P.L.C, Superior Health Foundation, The Up North Lodge, Tino's Bar & Pizza, TruNorth Federal Credit Union, UP Health Systems - Bell, UPHP, and Washington Shoe Store.

Walk flyer is attached for review. Please contact Emily Pratt, 906-315-2630 to schedule a pre-walk interview. Media is also invited to attend the walk on Saturday.