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## PRESS RELEASE

TO: Marquette County Media

FROM: Emily Pratt, Health Educator

DATE: 09/03/2019

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 7th 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.

Everyone 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.

The event will include stories of lived experience shared by volunteers. Walkers will have the opportunity to "Plant the Seeds of Hope" and take a small planted pot home. Building off of previous events, the community will once again have the opportunity to add to the "community scrapbook" that the Alliance houses. The scrapbook features pages of pictures, poems, or stories from loss survivors and individuals with lived experience.

The 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.