

# 10TH ANNUAL SOUNDS OF SILENCE 5K/10K RUN

**RUN, WALK, STROLLER-WALK WITH KID'S FUN RUN**

FOR PREGNANCY AND POSTPARTUM DEPRESSION/ANXIETY AWARENESS

In Memory and Celebration of Lisa Mary Reilly



## SAMPLE PUBLIC ADDRESS ANNOUNCEMENTS

On May 12, 2018 at Jones Beach State Park, Field 5, participate in the **Sounds of Silence 5k/10k Run (Walk, Stroller-walk with Kid's Fun Run) Event** to benefit the Postpartum Resource Center of New York to break the Silence of depression and to support our moms and families everywhere. For event information visit: [www.soundsofsilenceny.org](http://www.soundsofsilenceny.org)

**OR**

On May 12, 2018 at Jones Beach State Park, Field 5, participate in the **Sounds of Silence 5k/10k Run (Walk, Stroller-walk with Kid's Fun Run) Event**. Sounds of Silence, Friends of the Postpartum Resource Center of New York wants YOU to break the silence of depression and anxiety and support our moms and families everywhere. For event information visit: [www.soundsofsilenceny.org](http://www.soundsofsilenceny.org)

Postpartum Resource Center of New York, Inc.

Perinatal Mood and Anxiety Disorders: Finding the Help You Need!

**Celebrating 20 Years Serving New York State Families 1998 – 2018**

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*Sounds of Silence, Friends of the Postpartum Resource Center of New York* is a fundraising committee of our non-profit organization. All proceeds contributed support the essential programs and services of the Postpartum Resource Center of New York, Inc., a 501(c)(3) IRS recognized non-profit organization. Tax ID# 11-3449880.