

11TH 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 11, 2019 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

OR

On May 11, 2019 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

Postpartum Resource Center of New York, Inc.
Perinatal Mood and Anxiety Disorders: Finding the Help You Need!
Serving New York State Families Since 1998

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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.