



CHADD
ADHDWALK
& Family Fun Day

First ADHD Walk & Family Fun Day

by Christine Hoch

ON SUNDAY, MAY 18, CHADD will inaugurate the very first ADHD Walk & Family Fun Day at Bluemont Park in Arlington, Virginia. The event will feature a 5K walk on a beautiful, wooded trail, as well as family-oriented activities and informational exhibits. We hope this event will inspire ADHD walks throughout the country and become an annual event.

Walk participants are invited to fundraise to help programs that bring information and support to families affected by ADHD. You can quickly and easily set up online fundraising pages as individuals or teams; visit chadd.org for more information.

Don't live near DC? Join the Virtual Walk!

If you live outside the area, you can still participate. Register on the CHADD website as a "virtual walker" to show your support and create your own online fundraising page (more information on chadd.org). Gather with your friends on May 18 and informally walk in your local area, perhaps to your closest elementary school and back. If you attend a CHADD support group, encourage your coordinator and fellow members to get involved in this special day.

If hundreds of us take this small step in our local communities, we will bond together as a movement across the country, raising awareness and reducing the stigma of ADHD. 🚶‍♀️



SAVE THE DATE!

**2014 CHADD
Annual International Conference on ADHD
NOV. 13-15, 2014 CHICAGO, IL**

Conference inquiries should be directed to Conferences@chadd.org.