

# Out of the Darkness Memorial Walk

*Remembering those  
who have died by suicide*

**Saturday, November 15, 2008**

You are invited to participate in the second annual 'Out of the Darkness Memorial Walk' to remember those who have died by suicide. This 5 km walk will start and end at the Calgary Zoo north entrance. Please arrive at 7:15 AM in order to fill out a registration and waiver form. (If possible, please go to [www.cmha.calgary.ab.ca](http://www.cmha.calgary.ab.ca) and click the Waiver link to print and complete it in advance.) At 7:50 AM exactly we will have a short ceremony at the Zoo, and then walk to the nearby Tom Campbell Hill park and back. At 8:45 AM, those registered for the SOS day activities may then go directly to the Safari Lodge inside the Zoo

Please dress warmly with gloves, scarves and appropriate footwear, as we will be outside for an hour in the November weather. You may bring flashlights, although it will not likely be very dark as we are so near the city center. The path will be well marked and the walk will have designated people both leading and at the rear.

Please call **297-1701, ext. 1702** to register. Please indicate whether you will also be attending the Survivors of Suicide Day event afterwards.

**Please note:** *this is not a fund-raising event; however, donations to the CMHA Suicide Services program will be gratefully accepted.*

## ***Weather Advisory***

As of today, the weather forecast indicates the walk will go ahead. Please check with this website 24 hours before coming to the walk for possible cancellation due to inclement weather.