

A message from Greg O'Grady NLSA Chair,

The NLSA wants to ensure that you, your family, and the general public stay healthy and safe as COVID-19 changes life as we know it. As your wellbeing is paramount during these unprecedented times, the NLSA is excited to announce our 1st Virtual FINDING OUR VOICE... 'people who stutter have a million things to say' 1K / 5K Walk, Run & Roll for Stuttering Awareness. This event encourages families and allies to get active, raise funds, and increase awareness about stuttering. Although this year we may not be able to walk, run, and roll together, we are looking forward to continuing to host one of our favorite events of the year - virtually!

The Newfoundland and Labrador Stuttering Association (NLSA), established in 2018, is a volunteer-driven, not-for-profit organization that promotes awareness, education, understanding and acceptance of stuttering. Proceeds from this event will help subsidize specialized treatment and equipment for people who stutter and those with communication challenges; support our outreach programs and services such as our monthly support group and conference; fund public awareness and educational campaigns across the province; and allow us to expand our community engagement and advocacy initiatives.

The NLSA greatly appreciates your sponsorship of the 1k / 5k Walk, Run & Roll for Stuttering Awareness. Your contribution will help make a difference in the lives of people who stutter in Newfoundland and Labrador and further the success of NLSA.

When: Saturday Oct. 17 - Saturday Oct. 24

What: A Virtual 1K / 5K Walk, Run & Roll for Stuttering Awareness

Where: To be done your own way!

Anywhere! Anytime! Around your neighbourhood, park, work site, backyard, down the street, or around the block. You can either do your 1K / 5K Walk, Run & Roll full distance at once or break it into smaller increments.

How: Register as an individual, family or a virtual team – start your fundraising effort now!

Why: This annual event is an opportunity to raise awareness about stuttering, a disorder that is often invisible and misunderstood. By participating you will help the NLSA continue to support the stuttering community.

Imagine... Being at a job interview, trying to introduce yourself, ordering at a drive-thru, or answering the telephone but the words just won't come out.

Imagine... Watching your children be bullied and laughed at because they're struggling to speak.

These are daily experiences for some people who stutter and their families.

Approximately 1% of the population stutters; that's 70 million people worldwide. People who stutter can be of any gender, sexual orientation, race, religion, or economic status. Stuttering is unrelated to intelligence.



People who stutter have a million things to say

Virtual 1K / 5K Walk, Run & Roll for Stuttering Awareness

**Saturday October 17 to
Saturday October 24, 2020**

**For More Details about the NLSA and this
Event Please Contact:**

Telephone: (709)753-7500

Email: info@nlstuttering.ca

Website: nlstuttering.ca

Facebook Group: Newfoundland and Labrador

Stuttering Association

Twitter: @ourvoiceNLSA

People who stutter have a million things to say.
Are you listening?

