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**REST TO HOST 15TH ANNUAL SLEEPWALK TO BENEFIT
HOMELESS ADULTS IN CHICAGO**

UPTOWN --- On Saturday, May 8th, 2010, teams of people, from eight to eighty, will come together to raise funds for homeless adults by taking part in Residents for Effective Shelter Transitions' (REST's) 15th annual *SleepWalk*. Rain or shine, teams of walkers will step out to help REST advance their life-saving mission. The participants will be walking to support REST's programs which help men and women to transition from life on the streets to life in housing, with job skills or continued education which allows them to be as independent as possible. Executive Director Kathleen Ahler states "We invite everyone to walk and be a part of our mission to end homelessness, one person at a time."

The event will begin at the Waveland Park Clock Tower, near Addison St. and Lake Shore Drive. The four-mile walk along the beautiful lakefront will begin at 10 a.m., with registration beginning an hour earlier.

Proceeds will directly benefit REST, one of the largest providers of homeless services on the northside of Chicago. In addition to providing safe, quality, overnight shelter and meals, the organization also assists those homeless adults who desire independent living in permanent housing to make this transformation through supportive social services and housing. One-on-one case management further helps clients to develop the employment and life skills necessary to move from life on the streets to life in housing. Funds raised at *SleepWalk 2001* will help REST continue to offer these life-changing services to its over 1,200 clients each year.

To receive a pledge form, become a sponsor, or learn more about the May 8th *SleepWalk*, please call REST at (773) 784-0909 or email info@restweb.org.

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