

2023

Saturday, October 7

Join  **NAMI** Schenectady for

National Alliance on Mental Illness



# **NAMI Walks** *Capital Region*



Start Time: 10am  
Washington Park,  
Albany, NY

#Together4MH



Learn more at  
[namiwalks.org/capitalregion](https://www.namiwalks.org/capitalregion)

Join our team, Schenectady Wellness Walkers, or donate at:  
<https://www.namiwalks.org/team/SchenectadyWellnessWalkers>  
Or start your own team and choose Schenectady as your affiliate.  
Want to contact us? 518-986-9114 or [namischenectady@gmail.org](mailto:namischenectady@gmail.org)