



Come with us on a hike!
Enjoy fresh air and the beauty of nature!



When: meet at 10 am, Sunday, August 4th

**Where: Great Flats Nature Trail off I-890 on
Campbell Road in Rotterdam at the “windmill”**



**To learn more and let us know you'll be coming
register with Art Collins at: 518-372-0960**

NAMI Schenectady is the local chapter of the National Alliance on Mental Illness