



NAMI Walks

YOUR WAY



*Fundraising for NAMI is important now more than ever! Ideas to participate at home on walk day are: **Walk 3,500 steps for a 5K your way** - Plan a craft day with your kids - Hold a virtual bake-off with your team - Practice self-care with your favorite hobby: yoga, gardening, knitting - Do a 5K on your treadmill or stationary bike - Host a virtual paint and sip party. Use your imagination, have fun and let people know you believe in Mental Health for All.