

# May is Mental Health Awareness Month

NAMI Mid-Hudson is holding a  
**Walk on Saturday, May 18, 2019**  
at **Stringham Park**.

**Walk at Stringham  
Park**

**Location:** 78 Stringham Road, Lagrangeville NY.

**Find Help.  
Find Hope.**

Dear Friends of **NAMI MH**, please consider participating with **NAMI Mid-Hudson** in a walk to support our quest to continue to deliver programs that provide support and hope for the families and individuals living with mental health conditions.

**Event Table: 9:00 AM to 12:00 Noon**

**Group Walk: 10:30 AM**

**Individual Walks: Anytime between 9:00 AM and Noon**



**Find Help.  
Find Hope.**

Your tax deductible donation will help NAMI-MH continue to build a community in which every individual is treated with dignity and respect. We thank you in advance for your generous support.

**Donate at:**

Website: [www.namimidhudson.org](http://www.namimidhudson.org) or

Mail to: **NAMI MH, PO Box 787**  
**Poughkeepsie, N.Y. 12602**



**walking  
for health**



**nami** Mid-Hudson  
National Alliance on Mental Illness