



National Alliance on Mental Illness

# NAMI | Rockland

## WALK FOR WELLNESS

# 5K RUN & WALK

**SUNDAY, SEPT. 15, 2019 9AM  
ROCKLAND LAKE STATE PARK**

### Mental Health Awareness

PRE-RACE YOGA, INFORMATION TABLES, ACTIVITIES,  
LIVE MUSIC AND MUCH MORE!

More info & registration:

[WWW.NAMIROCKLAND.ORG](http://WWW.NAMIROCKLAND.ORG)

or call (845)359-8787

Free Parking Before 8:00am

Registration: \$25

Start Time: 9:00am

Sign In and Activities Start: 7:30am