



SUN
OCT
4

ADHD AWARENESS WALK

@ CROSSGATES MALL

FREE TO REGISTER






9 am | On-site Check-In Begins

10:30 am | Walk Kicks Off

11 am | Celebration



What to Expect:

-  **Raffle Giveaways**
-  **Inspiring Testimonials**
-  **Mental Health Resources**
-  **Light snacks & refreshments**
-  **Zumba warm up & more!**



**Breaking
ADHD
Stigma,
One Step
at a Time**

Sponsored by:

CROSSGATES
MALL

Register & get more
details above & at
NWRALBANY.ORG