

Save the
Date!
2026

TOGETHER

we are



NAMIWalks

Capital Region



MENTAL
HEALTH
for
all



Saturday, Oct. 3
at 10AM

Saturday, Oct. 3
Start time: 10AM
Washington Park
Albany, NY



NAMI Capital Region
PO Box 2138 Balsion
Spa, NY 12020

NAMIWalks is the day that lasts
a year. Every event feels like an
anniversary, as participants recommit
to **“Mental Health for All.”** And
now that you know the date, let us
know you'll be there. It won't be
NAMIWalks without you!

Join Us!



namiwalks.org/CapitalRegion