

Go to <http://frontporchforum.com/> and let your neighbors know about MINDwalk!

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NAMI Vermont's MINDWalk 2018
Join us to stomp out stigma and support mental health!
Sunday, September 30th at 1pm
City Hall Park, Burlington VT

MINDWalk is the biggest mental health party of the year! It's a chance for families, friends, colleagues and organizations to come together to celebrate the hope of recovery, raise awareness about mental health, and walk together to stomp out stigma. It's also a chance for us to raise funds to help support the free programs, classes and workshops offered by NAMI Vermont around the state.

We'll be led by the Brazilian beats of Sambatucada and there will be activities for those unable to walk.

Registration is free and open to all! Gather your friends and family and form a team! Or donate to an existing team.

And then meet us at 1 pm at City Hall Park to walk with us!

Visit www.namivt.org/walk to learn more or call (802) 876-7949!