Schedule of Virtual Event
Saturday, October 3, 2020

Join us throughout the day - our virtual event programming will be available on our social media platforms.
(We’ll also provide updates throughout the day at www.namivt.org/walk/LIVE)

Follow along with this schedule to know when to tune in!

Be sure to Like and Follow us on Social Media!

Facebook:  @NAMIVT
Instagram:  vt_nami
Twitter:  @namivt

How Can You Participate Today?

- Like, Comment and Share our posts.
- Print out Signs of Hope, snap photos with these signs and share them on your social media.
- Take pictures or video of your activities and share them with us so we can post them on our Social Media Platforms. Email to aperry@namivt.org or tag NAMI Vermont on social media.
- Use our NAMIWalks hashtags when you post:  #NAMIWalksVermont  #NotAlone  #MentalHealthforAll

<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Virtual Activity on Social Media Platforms</th>
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<tbody>
<tr>
<td>9:00 am</td>
<td>The schedule will be posted on all platforms.</td>
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<tr>
<td>10:00 am</td>
<td>What to Expect During Our Virtual Event Video</td>
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| 10:15 - 10:30 am | Social Media Posts and Videos  
1. Yoga/meditation links to get you ready for your activity  
2. What is NAMIWalks? Video  
3. Welcome Video—NAMI Board President Shirley Holloway and CEO Daniel Gillison, Jr. |
| 10:30 am    | NAMIWALKS OPENING CEREMONY on Social Media  
1. Greetings Video — NAMI Vermont Executive Director Laurie Emerson  
2. Greetings Video — NAMI Vermont Board of Directors Chair Phil Blackburn  
3. Welcome Video — Sarah Squirrell, Commissioner, Vermont Department of Mental Health  
4. Welcome Video — David Rettew, MD, Child & Adolescent Psychiatrist, UVM Medical Center and Vermont Department of Mental Health  
5. Event Day Information Video — NAMI Vermont Development Director Amy Perry |

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| 10:55 am—12:40 pm | Social Media Posts and Videos  
1. NAMIWalks Vermont Rally Call Video  
2. Why I Support NAMI Vermont Video - Carmyn  
3. Sponsor Video - Blue Cross Blue Shield of Vermont, Josh Plavin, MD, Chief Medical Officer  
4. Why I Support NAMI Vermont Video - Mitzi  
6. NAMIWalks Support Video—Monica Villalta, NAMI Director of Diversity and Inclusion  
7. I Care Video - Connie  
8. Support NAMI VT Programs Video - Nick Martin, NAMI Vermont Program Director |
| 12:45 pm | LIVESTREAM OF CAR PARADE |
| 1:55 pm | Fundraising Update post |
| 2:00 pm | Social Media Posts and Videos  
1. Why I Support NAMI Vermont Video - Mike and Sara  
2. Sponsor Video - Northeastern Vermont Regional Hospital, Andrea Willey, MSW, LICSW, Innovation Coordinator  
3. Become an Advocate Video - Jennifer Snow, NAMI Director of Public Policy  
4. Why I Support NAMI Vermont Video - Carolanne  
6. Vote4Mental Health this November Video - Brandon Graham, Sr. Manager, NAMI Advocacy and Public Policy |
| 3:20 pm | Fundraising Update  
Closing Remarks from NAMI Vermont Video - Laurie Emerson  
Closing Remarks from NAMI CEO Video - Daniel Gillison, Jr. |

Check back during the day for additional posts and videos submitted by participants, volunteers, fans of NAMI and others!