

# SATURDAY, MAY 18th



National Alliance on Mental Illness

## Walks San Francisco

[namiwalks.org/sanfrancisco](http://namiwalks.org/sanfrancisco)

### JOIN US

for a day of donuts, comedy, fresh air, gorgeous views, sign-making, community and more!



Sign Making & Community Tables : 9:00AM

Little Marina Green

Walk Start time : 10:00AM

2.5 Mile Walk - Crissy Field Loop

Actor and Comedian Brian Copeland

will speak at 9:30



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NEWPORT HEALTHCARE

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### **Will there be refreshments?**

Coffee and Donuts can be purchased at the kiosk onsite. Everyone who crosses the finish line will receive a Dynamo Donut!

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### **Are children welcome?**

Yes! We will have face-painting, kid-friendly games and sign-making.

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### **2.6 miles sounds like a lot. Do I need to walk to attend?**

No, you are welcome to join and participate without physically walking! Additionally, we'll have shorter routes identified that you can take.

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### **Is this wheelchair/ stroller accessible?**

Yes! The walk starts on a flat lawn, and the walking path is crushed granite/ pavement.

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### **Who is this event for?**

This event is FREE and open to everyone!

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### **Can I get there with Public Transportation?**

Limited parking is available at Crissy Field. Public transportation is encouraged. The Little Marina Green is reachable by the following bus lines : 30, 90, 91.

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### **What should I bring?**

Comfortable shoes and a water bottle. SF weather is very unpredictable! It may be sunny, foggy, drizzly or somewhere in between. Bring layers.

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### **Is this is a fundraiser?**

Yes, and it is also a community event! Donations help fund NAMI San Francisco's free mental health programs. If you'd like to donate or start a NAMI Walk team, you can scan this QR code. Everyone who donates \$ 20 will receive a t-shirt! You are welcome to attend even if you don't fundraise. Scan the code to register and attend the event.

