JOIN THE MOVEMENT!
Take Part in our Virtual Activity Feed at
NAMIWalksNYC.org

Join us May 30 from 9 AM and throughout the day until 3:30 PM
Note: all activities Eastern Time (ET), subject to change

9 AM  Slow Flow Stretch Yoga
Set your intention for the day.
Hosted by "Pop in Here" yoga led by Yogi Kara Gordon

Take some YOU time and then GET SOCIAL with US.
Take time to connect with your team, your family, and friends.
Show us how today is Your Way!

Tag us #NAMIWalksYourWay on social so we can feature you in our social media livestream on namiwalksnyc.org

Download and listen to curated heart & mind music playlists from Stacey Griffith and Mindworx

11:30 AM  W E L C O M E to NAMIWalks Your Way - NYC
We’re glad you’re here with us today.
Inspirational Warm-up with fitness guru Stacey Griffith, SoulCycle’s Senior Master Instructor

Opening Ceremony: Messages of hope and support
Corey Johnson, NYC Council Speaker
Matt Kudish, Executive Director
Nathan Romano & Family, President Emeritus
Welcome from Publicis Health
Welcome from Sunovion
Christina Bradley, NAMI-NYC Support Programs Manager

1:30 PM – 3:30 PM
NAMIWalks NYC Virtual Fun Fair
Pop in and out of rooms as you wish. Stay as long as you like. Most activities are 30–45 minutes.

Encouraging Mental Wellness
Breathwork and Meditation
Led by Kathleen Booker, Inspirational Coach & Founder of “The Jedi of Calm”

Cooking with Chef Meny: Mama’s Slow Cooked Stew
Led by Meny Vaknin, Executive Chef of Mishmish, Marcel, and Luisa in Montclair, NJ and winner of Food Network’s “Chopped”

Healthy Cooking Demo
Led by Michael Ferguson, Director Of Culinary Operations for EXOS

Creative Art Therapy Workshop with Honeybee Arts
Led by Avilda Whittmore-Walker, Founder & Executive Director

High Energy HIIT Yoga
Led by Yogi Suzanne Leona

Poetry Slam
Hosted by NAMI-NYC Poetry Club

“Slimefulness”
Led by Sloomoo Institute, learn how a sensory and interactive experience with slime can improve your mental health

Mental Health Discussions
COVID-19 and the Impact on Communities of Color
Led by Dr. Rheeda Walker, psychologist, professor, researcher, and author of the recently published book The Unapologetic Guide to Black Mental Health

Food for Mood – How Diet Improves Mental Health
Hosted by Mindworx, traditional and holistic approach to therapy, with Sabina Rza

Mental Health Voters Matter
Conversation with Corey Johnson, NYC Council Speaker
Led by Jamil Hamilton, NAMI-NYC Public Policy & Advocacy Manager

Returning to Our New “Normal” after COVID-19
Hosted by MyWellbeing, the online service for therapy seekers

Spiritune Your Day - The Link between Music and Brain Health
Led by Jamie Pabst, Founder of Spiritune, the data-driven, approach to sonic wellness

Our #MentalHealthMatters