



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 WELCOME 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**

**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

*Pop in and out of rooms as you wish.  
Stay as long as you like.  
Most activities are 30-45 minutes.*

**Mental Health Discussions**

**COVID-19 and the Impact on  
Communities of Color**  
Led by Dr. Rheedea 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

