

# Main Line NAMI on the Move

Presented by NAMI Main Line PA, an affiliate of the National Alliance on Mental Illness

CELEBRATING 40 YEARS OF NAMI MAIN LINE PA  
STEPPING UP FOR MENTAL HEALTH 

## 5k Walk | 10.19.19



8:30 AM – Registration | 9:30 AM – Program | 10:00 AM – 5k Walk  
Saint Mary's Episcopal Church, 36 Ardmore Avenue, Ardmore, PA\*

Join us for a free, family-friendly community event featuring a 5k walk (with 1 mile option), mental health resources fair, short inspirational programming, refreshments, entertainment, a raffle and more!

For more information, please visit [www.NAMImainlinePA.org](http://www.NAMImainlinePA.org) and click on Walk With Us

\* This event is nondenominational and open to people of all beliefs.

