



VIRTUAL WALK DAY AGENDA

10am -11am

Live-streamed: @NAMIMainLinePA
and www.namiwalks.org/mainlinepa

- NAMIWalks Your Way Video
- Thank You from NAMI National
- Welcome to NAMIWalks Main Line PA
- Overview of NAMI Main Line Programs
- Why We Walk & What We Offer Presentation
- “Facing Stress with Self-Care” with Dr. Monica T. Campbell from Independence Blue Cross (Gold Sponsor)
- Yoga and Stretching Session with Spirit and Truth Yoga
- “Candle Breathing” mindfulness activity with Michaela McDonald from Child Guidance Resource Centers
- “Take a Walk with Us” slideshow – a virtual presentation of our awareness-raising signage along the path at Ashbridge Park
- Words from our Volunteers
- Thank You to our Sponsors and Walk Stars
- Thank You to our Walk Planning Group
- Closing Video from NAMI National