



## Walk for Mental Health

**Saturday, May 11, 2024**  
**11am - 1pm**

**Location: Walkway Over the Hudson**

**Registration is free.**

Please register here:  
<https://go.rallyup.com/walk2024>

**Mental Health America** of Dutchess County and the **NAMI of Mid-Hudson** have joined together in 2024 for a **Walk for Mental Health!**

For more information, to register, donate, create a team, or find a team to support, please visit us online at

**<https://go.rallyup.com/walk2024>**

*We will meet in the middle at the flagpole collectively at noon and come together with local dignitaries in solidarity for mental health awareness.*

**Walk to provide support and hope for the families and individuals affected by mental health conditions.**