

2024

Saturday, October 12

# **NAMI Walks** Kauai



Event Time

**9:00am**

Location:

**Kealia Bike Path @  
Andy Irons sign near the  
lifeguard tower**

*We will walk approx 1.5 miles to  
Jimmy's Grill and 1.5 back.*

*\*Snacks and beverages will be provided*



Registering to walk is FREE!  
[namiwalks.org/kauai](http://namiwalks.org/kauai)

## Why We Walk:

To promote awareness of mental health and reduce stigma

To raise funds for NAMI's free top rated mental health programs

To build community and let people know they are not alone