Due to COVID-19 risks and because Mobile County has canceled all public events for now, our 2020 NAMI Walk will become **Virtual**.

Virtual events happen all the time and allow you to join the fun without the crowds. You simply **run/walk/bike/swim/crawl/rock in your favorite rocking chair/ride a treadmill** the distance by yourself or with your spouse, partner, friends, roommate, strangers or family in a method that meets all the agencies recommendations or mandates **and share your experience**.

**How to participate:**

**a. Choose YOUR WAY**

**b.** Put on your team or NAMIWalks T-shirt. Take a high-five picture and post with **#NAMICares** to **all your social media outlets**

**c.** Post pictures at our [NAMIWalks Mobile 2020 Facebook](https://www.facebook.com) page

**d.** Share whom you were with, your method, how you stayed safe and **HOW YOU HAD FUN!!**

**e.** Prizes will be awarded for several categories. Monitor our [NAMIWalks Mobile 2020 Facebook](https://www.facebook.com) page for details.

We hope to have a Facebook live stream event if the connective/band width supports it….more about this later.

**THANK YOU FOR SUPPORTING 2020 NAMIWalks Mobile Your Way!!!**

**HAVE FUN and STAY SAFE**

To register go to [www.NAMIWalks.org/Mobile](http://www.NAMIWalks.org/Mobile)