



IT'S “YOUR WAY” DAY IN SAN ANTONIO! Beginning 11:00 am CDT

[#namisanantonio](#) [#mentalhealthforall](#) [#notalone](#) [#namisatwalks](#)

We are happy to share three (3) segments plus a [FACEBOOK LIVE](#) Grand Finale with you and TamboRhythms!

11:00 am CDT

Opening Remarks

NAMI Board President, Shirley Holloway, PhD and NAMI CEO, Daniel Gillison, Jr.

Welcome

Texas State Senator José Menéndez, District 26

NAMIWalks Your Way

Participating NAMI Texas Affiliates

Where's Cleto?

Signs of Hope

NAMI San Antonio Opening

Doug Beach, NAMI San Antonio Board President and Terri Mabrito, Executive Director

City of San Antonio Proclamation

Ana Sandoval, City Council District 7

BREAK

Share with us on Facebook/Instagram what your way is!



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IT'S “YOUR WAY” DAY IN SAN ANTONIO! (continued)

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11:45 am CDT

World Mental Health Day

Message from Bexar County and Partners

Peer Testimonial

Manuel Maldonado

Meditation and Well-Being

Mindful Moments by NAMI San Antonio Friend, Rogelio Peña

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12:30 pm CDT

NAMIWalks Rally Call

NAMI San Antonio Staff

NAMI and Research

Inspiring Hope Through Research

World Mental Health Day Remarks

NAMI CEO, Daniel Gillison, Jr.

NAMI San Antonio Closing

Doug Beach and Terri Mabrito

BREAK

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1:15 pm CDT
Grand Finale Drum Circle

FACEBOOK LIVE with TamboRhythms and Jorge Ochoa

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