

# Wellness Across the Generations



## 2014 San Diego County NAMI Walk & Live Well San Diego Expo

**FREE!**

Join us for this amazing day with friends  
and family to raise mental health awareness!

**Saturday, May 3, 2014 | 7:30am - 2:00pm**

**NTC Park in Liberty Station, 2455 Cushing Road, San Diego, CA 92106**

**Registration and EXPO Begin at 7:30am | 5K Begins at 9:00am**

NAMI with the *Live Well San Diego* Wellness Expo will feature over 100 County and community resources and family fun, including:

**Live Multicultural Music & Dance Games Food Face Painters**

**Inflatable Obstacle Course Art Exhibit Therapy Dogs Veterans**



Register online today at [www.namiwalks.org/SanDiegoCounty](http://www.namiwalks.org/SanDiegoCounty)  
For questions: [walk@namisd.org](mailto:walk@namisd.org)

