

WELLNESS STEP CHALLENGE

Beach Fest 3k

REVISITED



Virtual Steps to Jones Beach, May 1 -June 30

Join us in our Virtual Wellness Step Challenge from the NAMI Queens/Nassau office to Jones Beach!
Visit - https://donate.namiqn.org/beachfest3k_2020

Help us fundraise to continue with free programming that changes lives locally! NAMI Queens/Long Island has helped thousands of people including your neighbors and perhaps your friends, or even a family member who struggles with a mental health issue.

This is a FUN & SAFE Wellness Activity! Step, Ride, Bounce, Dance, Garden, Walk the Dog - It all translates to Steps. Translate any activity to steps to walk our custom route from the safety of your own home! All you need is a Smart Phone (or Fitbit, Garmin, Apple Watch) to Track Your Steps.



NAMI Queens/Nassau is a grassroots not-for-profit 501(c)(3) organization, committed to building better lives for those affected by mental illness through support, education and advocacy.

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Lets' Get Started!

- 1 Register, join or create a team on: https://donate.namiqn.org/beachfest3k_2020
 - 2 Once you have donated and joined a team, you will receive a link to our Walker Tracker.
 - 3 Complete your registration on the Walker Tracker website.
 - 4 Download the Walker Tracker App onto your Smart Phone. Sync the App with Apple Health, Google Fit or Sync to a Fitbit, Garmin or Apple Watch to track or translate steps.
 - 5 One click upload/sync of your steps weekly so you can compete in our challenge from May 15th - June 30.
 - 6 Visit the Walker Tracker website often to see how your Team is doing!
- Enjoy our custom walk to Jones beach and enjoy your virtual visits along the way! See you at the Beach!

