

We invite you to be part of the 14th Annual Hawley Spring Run: *A Race for Mental Wellness*—a meaningful community event that brings people together in support of mental health awareness, remembrance, and hope.

The 2026 Hawley Spring Run will take place on Saturday, May 23, 2026, at Bingham Park in Hawley. The event features a timed 5K run/walk, participant T-shirts, awards, music, refreshments, and on-site mental wellness resources. Proceeds support NAMI programs in our region and help fund an annual scholarship awarded to three Wallenpaupack Area High School seniors.

Whether you choose to run, walk, sponsor, donate, or cheer from the sidelines, your support makes a meaningful difference.

Register <https://forms.gle/UmARiXh774B7zxXh7>

For more information reach out to NAMI at info@naminepa.org or 570-342-1047.