

CROSSGATES

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FOR IMMEDIATE RELEASE

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Mindful Strides: Walk for Neurodiversity & Mental Health Awareness Brings Community Together on May 16 with a Star Wars-Themed Celebration at Crossgates

Guilderland, NY: This May, in recognition of **Mental Health Awareness Month**, the community is invited to take part in **Mindful Strides: Walk for Neurodiversity & Mental Health Awareness**, a unique and inclusive event designed to promote acceptance, connection, and well-being.

Taking place on **Saturday, May 16, 2026, at Crossgates**, Mindful Strides blends movement, mindfulness, and community spirit with a fun and engaging **Star Wars theme**. Participants of all ages and abilities are encouraged to “Unite on the Sithteenth” for this FREE event, by wearing their favorite Star Wars-inspired outfits or t-shirts and joining the walk in support of neurodiverse individuals and mental health awareness.

From Padawans to Masters, this event welcomes everyone—families, self-advocates, caregivers, professionals, and community members—to come together in a supportive and inclusive environment. Mindful Strides emphasizes the importance of mental health, celebrates neurodiversity, and highlights the power of community connection.

This free event will feature:

- A Star Wars inspired warm-up
- A community walk promoting wellness and inclusion
- Resource tables with local organizations supporting neurodiversity and mental health

- Family-friendly activities and opportunities for connection, including a Star Wars themed selfie station and appearance by Bluey
- A welcoming, sensory-considerate environment for all participants

“Mindful Strides is about more than just a walk—it’s about creating space for understanding, acceptance, and belonging,” said Executive Director, Tracy Schober. “By bringing together neurodiversity and mental health awareness during this important month, we hope to inspire meaningful conversations and lasting community impact.”

Whether you’re walking in honor of a loved one, advocating for change, or simply looking to connect with others, Mindful Strides offers an opportunity to make a difference—one step at a time.

Event Details:

What: Mindful Strides: Walk for Neurodiversity & Mental Health Awareness

When: Saturday, May 16, 2026 9AM-12PM

Where: Crossgates, 1 Crossgates Mall Road, Albany, NY

Theme: Star Wars — “Unite on the Sithteenth!”

Who: Open to all community members

For more information, to register, or to get involved as a sponsor or volunteer, please visit <https://onecau.se/fz5g21> or contact tschober@asghr.org.

Visit www.shopcrossgates.com and follow us on [Facebook](#) & [Instagram](#) for updates on upcoming openings, giveaways, community events, promotions & sales offered at our center and within our stores, restaurants & entertainment venues.

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About Crossgates Mall

Crossgates is the Capital Region’s premier shopping, dining and entertainment destination offering an impressive selection of national brands and the newest retail concepts. The center is anchored by Macy’s, JCPenney, Dick’s Sporting Goods, Going, Going, Going Gone!, Primark and Best Buy, while offering more than 180 retail shops, including Apple. Crossgates offers 10 entertainment venues and over 20 on-site eateries, such as Dave & Buster’s, Get Air, Billy Beez, Apex Entertainment, Maggie McFly’s and Regal Cinemas with IMAX. Or simply relax at our award-winning day spa, Spa Mirbeau. Located adjacent to a dual-branded 192-room Homewood Suites and Tru by Hilton hotel and a COSTCO Wholesale, Crossgates is your destination to EAT. SHOP. PLAY. STAY. Additional information regarding Crossgates can be found at shopcrossgates.com, Facebook, Instagram, and Twitter.

About Pyramid Management Group, LLC:

Pyramid Management Group, owner of Crossgates, is one of the largest, most innovative, privately-held real estate developers in the northeast. Headquartered in Syracuse, New York, Pyramid’s portfolio of dynamic shopping, dining and entertainment destinations dominate the northeast with 9 properties located throughout New York and Massachusetts. For nearly 50 years, Pyramid has built its reputation on being first, fast, ahead of the curve and always what’s next, leading the industry in combining the best elements of traditional retail with world-class dining and entertainment, all under one roof. For more information, visit www.pyramidmg.com

About Autism Society Greater Hudson Region:

The Autism Society Greater Hudson Region provides advocacy, education, community programming, support, and information & resource services to individuals and families impacted by Autism. Our mission is to create a world where everyone in the Autism community is connected to the support they need when they need it.