

RECOVERY *and* WELLNESS 5K Run/Walk

Join us to celebrate wellness & raise awareness about
mental health & addiction

SEPTEMBER 15, 2018

ADA HAYDEN PARK - AMES, IA



REGISTRATION - \$10

GetMeRegistered.com/WalkForWellness

More info @ CFRHelps.org



COMMUNITY & FAMILY
RESOURCES

Inspiring prevention, treatment and recovery

National
Recovery Month

Prevention Works • Treatment is Effective • People Recover

september 2018