

RECOVERY & WELLNESS 5K Run/Walk

SEPT
7
2019

Ada Hayden Park
Ames, IA

\$10 REGISTRATION

GetMeRegistered.com/WalkforWellness

More info @ CFRHelps.org

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



COMMUNITY & FAMILY
RESOURCES
Inspiring prevention, treatment and recovery



NATIONAL
RECOVERY
MONTH 2019