

WALK FOR WELLNESS

Race For Recovery

Saturday, September 26, 2015

Ada Hayden Heritage Park (5205 Grand Ave.)

Ames, Iowa

5K Registration fee: \$10

(Includes a t-shirt!)

Pre-registration options:

- ✓ Pick up a form at any Community & Family Resources location
- ✓ Download a form at www.cfrhelps.org
- ✓ Online at: getmeregistered.com/WalkforWellness

✓ **Check-in time**
Between 8:00-8:45 AM

✓ **5K Race time**
9:00 AM

✓ **Activities to follow**
Until Noon



Recovery Month promotes the benefits of prevention, treatment, and recovery for mental and substance use disorders.

Join us to celebrate wellness & recovery!

Questions? Call 515-232-3206 or email sallyc@cfrhelps.org