

## Press Release

**FOR IMMEDIATE RELEASE**

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### Recovery & Wellness 5K Raises Awareness

#### *5K Run/Walk Celebrates Individuals in Recovery*

September was **National Recovery Month**, which promotes the importance of behavioral healthcare and celebrates people in recovery from mental health and substance use disorders. Each year Community and Family Resources (CFR), a local non-profit provider of treatment and prevention services, joins the National Recovery Month effort to raise awareness that behavioral health is essential to overall health, prevention works, treatment is effective, and people can recover from mental health and substance use disorders.

CFR held its 6<sup>th</sup> annual **Recovery & Wellness 5K** run/walk on Saturday, September 15, 2018 at Ada Hayden Heritage Park in Ames. In addition to the 5K run/walk, participants enjoyed a variety of family-friendly activities, healthy snacks, and behavioral health resources following the race. This event was possible thanks to the generous support of event sponsors, over 40 dedicated volunteers, and the many community members who joined together in support of people who have been affected by mental health or substance use disorders.

For additional information, please visit CFR's website at [www.cfrhelps.org](http://www.cfrhelps.org) or call 515-232-3206.



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