



For Immediate Release
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Contact: Sally Carnes
515-232-3206; sallyc@cfrhelps.org

Walk for Wellness, Race for Recovery 5K Raises Awareness

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

Community & Family Resources held its fourth annual “**Walk for Wellness, Race for Recovery**” 5K run/walk at Ada Hayden Heritage Park in Ames on September 17, 2016. In addition to the timed 5K run/walk, participants enjoyed family-friendly activities, free massages, awards ceremony, giveaways, behavioral health resources, and healthy snacks. This event was possible thanks to the generous support of the event sponsors, dedicated volunteers, and all the community members who joined together in support of those who have been affected by mental health and substance use disorders.

Please visit the CFR website at www.cfrhelps.org or call (515) 232-3206 for additional information.



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