

# WALK FOR WELLNESS

## *Race For Recovery*

5K  
Run/Walk

**Saturday, September 16, 2017**

**Ada Hayden Heritage Park (5205 Grand Ave.)**

**Ames, Iowa**

**5K Registration Fee: \$10**

(Includes a t-shirt!)

Pre-registration options:

- ✓ Register online at:  
[getmeregistered.com/WalkforWellness](http://getmeregistered.com/WalkforWellness)
- ✓ Forms available at any  
Community & Family  
Resources office or  
[www.cfrhelps.org](http://www.cfrhelps.org)

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

✓ **5K race time**  
**9:00 AM**

✓ **Activities to follow**  
**Until Noon**

National  
*Recovery Month*

Prevention Works • Treatment is Effective • People Recover

**SEPTEMBER 2017**



COMMUNITY & FAMILY  
**RESOURCES**

*Inspiring prevention, treatment and recovery*

**Join us to celebrate wellness & increase awareness  
about mental health and substance use disorders!**

Questions? Call 515-232-3206 or email [sallyc@cfrhelps.org](mailto:sallyc@cfrhelps.org)