

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
- ✓ Forms available at any
Community & Family
Resources office or
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