

WALK FOR WELLNESS

Race For Recovery

Saturday, September 20, 2014
Ada Hayden Heritage Park
Ames, Iowa

Registration Fee: \$10
(Includes a t-shirt)

✓ **Check-in time**
between 8:00-8:45 a.m.

Pre-registration forms can be picked up
at any Community & Family Resources
location or printed on line at:

✓ **Race time**
9:00 a.m.

www.cfrhelps.org
www.facebook.com/cfrhelps
www.twitter.com/cfrhelps

✓ **Activities to Follow**

*Please return pre-registration to any CFR location:
Ames, Boone, Fort Dodge, Webster City, Rockwell
City, Pocahontas, Humboldt and Clarion.



Recovery Month promotes the societal benefits of prevention, treatment
& recovery for mental & substance abuse disorders.
Join us to celebrate wellness & recovery!