

WALK FOR WELLNESS

Race For Recovery

Saturday, September 7
Ada Hayden Heritage Park
Ames, Iowa

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

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

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

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

✓ **Check-in time**

8:00 a.m.

✓ **Race time**

9:00 a.m.

✓ **Activities to Follow**

National
Recovery Month

Prevention Works • Treatment is Effective • People Recover

september **2013**



Healthy Living, Wellness and Recovery