



# OVERDOSE AWARENESS DAY

August 26, 2023  
10AM-12PM

Bandshell Park in Ames

125 E. 5th St. (Duff Ave. & 6th St), Ames, IA 50010

## Did you know?

There has been a 120% spike in overdose deaths in Iowa for people 25 years and younger since 2019.

130 people die each day from an overdose in the US.

## Event highlights:

Narcan/Naloxone training and certificate for FREE  
Narcan

Speakers from our community

FREE t-shirts (for the 1st 60 participants) & food truck

## For more info:

Contact Shelly Zabel @  
[shellyz@cfrhelps.org](mailto:shellyz@cfrhelps.org)  
515-832-5432 Ext.1404

**End the stigma.  
End the silence.  
End overdose.**

**Join us to honor all the lives we have lost in Central Iowa**

**We encourage you to bring a photo for our display to recognize those impacted by overdose**

The Lotus Foundation  
Community & Family Resources

*Sponsored by the Substance Abuse and Mental Health Services Administration and Iowa Department of Health and Human Services Bureau of Substance Abuse through State Opioid Response grant funding.*