



For Immediate Release

September 18, 2013

September is **National Recovery Month**, which promotes the benefits of prevention, treatment, and recovery for mental and substance use disorders and celebrates people in recovery. Community & Family Resources (CFR), a local non-profit agency, has joined the Recovery Month effort to raise awareness that behavioral health is essential to overall health, that prevention works, treatment is effective, and people can and do recover!

Community & Family Resources held its first annual “**Walk for Wellness, Race for Recovery**” 5K run/walk at Ada Hayden Heritage Park in Ames on September 7th. In addition to the run/walk, participants enjoyed family-friendly activities, giveaway bags, chair massages, behavioral health resources, and healthy snacks. This event was possible thanks to the gracious support of our sponsors, volunteers, and all the community members who joined the Recovery Month effort.

Please visit the Community and Family Resources website at www.cfrhelps.org or call (515) 232-3206 for additional information.

