



*Recovery from co-occurring
mental illness and substance abuse
is a marathon, not a sprint*

SAVE THE DATE



Run 4 Recovery

Al Lopez Park, Tampa, FL

Saturday, September 24th, 2016

5K Run/Walk | 1 Mile Walk

9:00 AM

westbridge.org/signup-R4R

Learn more about WestBridge at www.westbridge.org



WestBridge's mission is to promote the recovery of adults and families living with co-occurring substance use disorders and psychotic and/or affective illness over the course of a lifetime.

“Every person here has believed in my ability to do what I need to do over time, I can achieve change, and I will go on and make the changes that I need to make in my life” -Carl

To learn more about WestBridge visit www.westbridge.org