

WALK FOR WELLNESS

Race For Recovery

Saturday, September 17, 2016

Ada Hayden Heritage Park (5205 Grand Ave.)

Ames, Iowa

5K Registration Fee: \$10
(Includes a t-shirt!)

Pre-registration options:

- ✓ Register online at:
getmeregistered.com/WalkforWellness
- ✓ Forms available at any
Community & Family
Resources office or
www.cfrhelps.org

✓ **Check-in time**
Between 8:00-8:45 AM

✓ **5K race time**
9:00 AM

✓ **Activities to follow**
Until Noon

National
Recovery Month
Prevention Works • Treatment is Effective • People Recover
SEPTEMBER 2016



**Join us to celebrate wellness & recovery from
mental and substance use disorders!**

Questions? Call 515-232-3206 or email sallyc@cfrhelps.org