

5K Run for Mental Wellness



**Sunday,
July 25, 2010
James Monroe
High School**

**6:30-7:15 am
Race Day Registration**

Race t-shirts are chosen from designs created by individuals in our community. Each year's design is a unique work of art, designed specifically for this event and available only through MHAF.

7:30 am 5K race begins

Register online at www.runfarc.com

For more information, call Mental Health America at 540-371-2704

**Proceeds benefit the free
programs and services of**

