

Healthy Minds Healthy Bodies

# 5K RUN FOR RECOVERY

**SATURDAY OCTOBER 3, 2020**

V.C.  
VIRTUAL EVENT

1 Mile Walk • 5K Run



**NEW DATE  
FOR 2020!**

## WHY WE RUN:

The name "Run for Recovery" serves as a reminder that recovery from behavioral health conditions is both possible and expected! Proceeds from this event support local non-profit organizations that share our commitment to improving the health and wellness of our community.

Due to COVID-19, our plans for hosting an in-person event have shifted significantly. It was our intention to host the Run for Recovery in person, while complying with all state of Michigan guidelines. However, these plans have changed and the race will now be a virtual event. To register for our virtual event simply select which option you prefer during registration. As the event nears, we will be in contact with all registered participants with additional information, including procedures for packet pick-up. We appreciate your flexibility and on-going commitment to our cause!



**NEW LOWER PRICES 2020!**

**Early registration by September 9th: \$20**

**Registration after September 9th: \$25**

**Run for Recovery is the fifth race in the 2020 Blue Water Race Series. Event registration is online at:**  
**<https://bwrs.enmotive.com/>**

With questions or help with online registration contact: Jill Vandenabeele at (810) 966-3539 or [jvandenabeele@scccmh.org](mailto:jvandenabeele@scccmh.org)



**St. Clair County  
Community Mental Health**  
*Promoting Discovery & Recovery Opportunities  
for Healthy Minds & Bodies*

Connect with us:  
☎ 810-985-8900  
🌐 [www.scccmh.org](http://www.scccmh.org)  
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**MICHIGAN  
FITNESS  
FOUNDATION**

