

ST. LUCIE COUNTY

5K Run/Walk supports mental health care for children and adults

LISA RYMER

LUMINARIES CONTRIBUTOR

The Race for Recovery 5K Run/Walk on Sept. 30 at Mets Stadium celebrates recovery from mental illness and substance abuse for people of all ages, and those that support them.

Now in its seventh year, the run/walk is an opportunity to come together for fitness, fun, family and friendship. This year's Presenting Sponsor is the Atkinson Family Foundation: Eugene Atkinson and Jodi Harvey.

In addition to a timed 5K run, walkers have two distance options (1 mile and 3.1 miles), as well as a stroller division for walkers with infants. There is also a children's activities area, chair massages, and yummy things to eat.

Winners in all age groups receive medals; top prizes include gift cards to Duffy's Restaurant and tickets to Riverside Theatre and Sunrise Theatre productions. Registration is only \$25 until race day on Sept. 30, when it goes up to \$35.

Proceeds from the race directly support client services at New Horizons of the Treasure Coast and Okeechobee.

New Horizons is the most comprehensive mental health and substance abuse agency in the region, with eight facilities in four counties serving 11,000 children and adults annually, regardless of their ability to pay.

In fact, more than half of New Horizons clients have no source of income or insurance. The agency's mission is to make quality mental health services ac-



The 2016 New Horizons Race for Recovery Team: John Romano, CEO; Pat Austin, Board Vice Chair; Anette Gosselin, Chief Financial Officer; Kim Jeansonne, Race Chair; Jo Anne Knight, Chief Human Resources Officer; and Dr. Lalit Chaube, Chief Medical Officer. CONTRIBUTED BY LISA RYMER/NEW HORIZONS OF THE TREASURE COAST AND OKEECHOBEE

If you go:

Race for Recovery 5K Run/Walk

Saturday, Sept. 30

Registration 6:30 a.m./Race 7:30 a.m.

Mets Stadium/First Data Field

525 NW Peacock Blvd., St. Lucie West

\$25 to register prior to race day

<http://RaceForRecovery2017.itsyourrace.com/register>itsyourrace.com/register

cessible to everyone in order to build a healthier community.

These days, who doesn't have a family member or friend struggling with some sort of mental health issue? But stigmas about mental illness and addiction continue to prevent people from seeking the help they need.

That's why it is so important for mental health agencies like New Horizons to reach out and educate the community about the opioid epidemic, the impact of trauma, and even suicide -- now the second leading cause of death in America for people ages 10-34.

To register for the Race for Recovery, please visit <http://RaceForRecovery2017.itsyourrace.com/register> or call 772 672-8323. Sponsorships are still available.

To learn about inpatient and outpatient services at New Horizons, please visit www.nhtcinc.org or call 772 468-5600.