

# **It's Coming! 5K Run for Mental Wellness**

**Sunday,  
July 19, 2009  
7:30 AM**

**James Monroe  
High School**



Run t-shirts are chosen from designs created by patients during art therapy groups at Snowden. Each year's design is a unique work of art, designed specifically for this event and available only through MHAF.

**Awards and Prizes!**

- Register online [www.runfarc.com](http://www.runfarc.com) which links to [www.racetimingunlimited.org](http://www.racetimingunlimited.org)
- Download registration form at [www.mhafred.org](http://www.mhafred.org)
- Call Mental Health America at 540-371-2704

Proceeds benefit the free programs and services of  
Mental Health America of Fredericksburg