

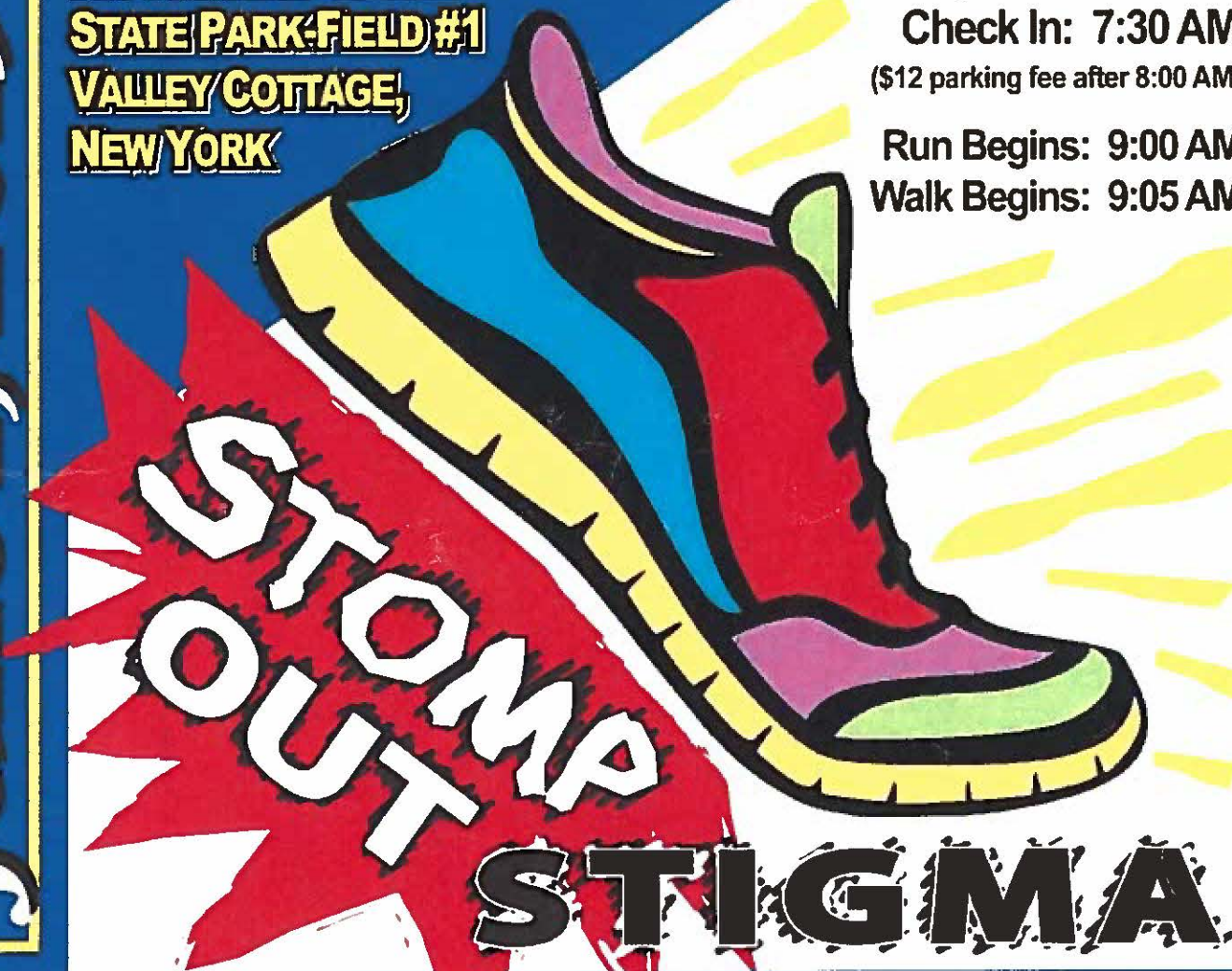
# ROCKLAND 5K RUN/WALK FOR MENTAL HEALTH AWARENESS

*Benefitting the programs of MHA of Rockland*

**June 1, 2019**

**ROCKLAND LAKE  
STATE PARK FIELD #1  
VALLEY COTTAGE,  
NEW YORK**

Registration: \$25  
Check In: 7:30 AM  
(\$12 parking fee after 8:00 AM)  
Run Begins: 9:00 AM  
Walk Begins: 9:05 AM



**FOR INFORMATION AND TO REGISTER GO TO:**  
[www.raceroster.com/22801](http://www.raceroster.com/22801)



**Mental Health Association  
of Rockland County**

*Connecting people. Educating families. Rebuilding lives.*

**MHA of Rockland Contact  
Velvet Reda  
[redav@mharockland.org](mailto:redav@mharockland.org)  
(845) 267-2172 Ext. 257**