

Run or Walk for a Healthier Community!

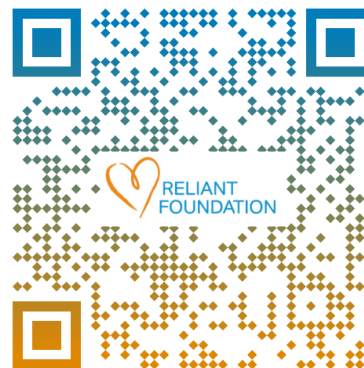
On Saturday, October 1, Reliant Foundation will hold the annual **Reliant Foundation 5K Road Race** at Shore Park in Worcester. The event attracts hundreds of runners, walkers and spectators to raise funds in support of the Foundation's Community Grants Program.

The road race begins at 10am, with race day registration opening at 8:30am. The event features free, family-friendly entertainment, and great raffles.



Early bird registration rates are available until August 31, and registration remains open through September 29. There is no cost for spectators to attend. To register, or for more information, visit the Reliant Foundation website: www.reliantfoundation.org/events/5K, or scan the barcode below for RaceWire registration.

Reliant Foundation is an independent public charity that supports community nonprofit organizations with mental health and behavioral health programs for children and youth, substance use recovery programs for individuals of all ages, and new initiatives to fight the stigma surrounding these issues.



"Our goal is to raise \$30,000, which is no small task" shares Kelsa Zereski, President of Reliant Foundation. "We all have an obligation to better understand the struggle faced by many of our friends and family, to embrace open and honest conversations, and to begin shedding the stigma associated with mental health and behavioral health conditions. With your help, the funds raised at the Reliant Foundation 5K will change lives!"