

From here it all changes



# Walk for Recovery



**Saturday, September 26**  
**Rock Spring Park, Alton**

Registration starts at 8:00 AM

Walk starts at 9:00 AM

WellSpring Resources will host a walk to celebrate recovery from mental health conditions and substance abuse disorders on **September 26, 2015**. Come out to show support for your friends and neighbors on the path to recovery or show pride in your own recovery journey!

**Participation costs \$25 and includes a free t-shirt.**

Money raised from this event will be used to support WellSpring Resources' Client Assistance Fund, which provides temporary financial assistance to low-income clients. We hope to see you there!

## Sign me up!

Register for this event online at <http://tiny.cc/recovery2015>.

For more information, contact Lura January at (618) 208-2209 or [ljanuary@wellspringresources.co](mailto:ljanuary@wellspringresources.co).

Sponsorship opportunities are also available.