



Sixth Annual 5K Flight Fundraiser! Peer Run/Walk for Mental Health Recovery & Wellness

This event is run by and for people with lived experience in all stages of recovering our mental health and freedom from trauma and addictions....and for our allies.

Sunday, October 1st, 2017
Jamaica Pond Boathouse in Jamaica Plain, MA

*Join our campaign to promote exercise as a tool in recovering and sustaining "whole health". People with mental health, trauma, and addiction histories face health challenges related to side effects from medications, poverty and lack of access to medical care. We invite everyone to take charge of caring for mind, body and spirit. Join us for a day of fun at the pond! **16 and under FREE***



ASL Interpreters requested

9:30 AM - Registration/Packet Pickup

10:30 AM - Inspirational Remarks

11:00 AM - Race/Walk Start

T-Shirt for the first 200 people who register

Snacks

Medal for finishing the course

Online Registration: \$25 www.racemenu.com/TC5K-Flight

Race-day Registration: \$30

\$25 not the right amount for you? Register at

https://www.surveymonkey.com/r/5KFlight_Scholarship

or Mail whatever amount you decide \$0- \$1000

98 Magazine Street Roxbury MA 02119
(Must be postmarked by September 22nd)

5kflight@transformation-center.org ~ 617-442-4111

The Transformation Center is a 501(c) 3 nonprofit organization