

Virtual 5k for

Drug & Alcohol Addiction Awareness



Join fellow state employees for a fun and healthy activity, benefitting your choice of one of the listed charities.

- Register for this event at [\(Link\)](#).
 - Prizes will be awarded by agency.
- Get 100 points for participating in [Smart Health](#)

ACTS

ACTS works to empower individuals to overcome addictions through culturally relevant healing and treatment services. We offer a comprehensive course of services for individuals dealing with substance abuse and dependency issues in different languages.

Invictus Foundation

The Invictus Foundation's mission is to increase and improve the behavioral health services for Traumatic Brain Injury (TBI), Post-Traumatic Stress Disorder (PTSD), suicide prevention, depression, alcohol and substance abuse, domestic violence, relationship issues, Military Sexual Trauma (MST), rehabilitation/aftercare community integration and pre/post deployment screening to this Country's military, veterans, their families and families of the fallen.

Veterans Family Fund of America

The Veterans Family Fund of America is dedicated to raising and dispersing funds to help the lives and futures of Veterans and their families when assistance is needed for those unexpected everyday life events that other government programs may not cover. These may include, utility bills, help with rent, a vehicle repair, etc. The VFFA can be a resource to help offset those expenses and help get you back on your feet.



Anyone Can Participate

Have family and friends join you in supporting the cause!

WHEN: September 14th – October 5th

WHERE: Virtual – Choose your own walking/running route

WHAT: 5K (3.12 miles)

Done on your own time at your pace. Do it all in one day or in smaller increments.

ENTRY: Suggested \$5 donation

For more information, visit [Wellness@Health](#).

