



**FOR IMMEDIATE RELEASE**

## **Heroes In Recovery And La Paloma Announce Second Annual Heroes in Recovery 6k Run/Walk In Memphis**

*Heroes In Recovery 6K Run/Walk Takes Place on November 16 To Support Those In Recovery and Break the Stigma Associated with Addiction and Mental Health.*

**October 28, 2013 (Nashville, TN)** – [Heroes in Recovery](#), a movement celebrating the heroic efforts of those who seek addiction and mental health treatment, returns to Memphis, for one of its family-friendly 6K Run/Walk events. The goal of the race is to garner support for people in recovery and to educate the community at large about behavioral health issues. The Heroes movement, ignited by [Foundations Recovery Network](#) (FRN), a family of treatment centers that includes [La Paloma Treatment Center](#) in Memphis, has also been carried on the shoulders of supporters, advocates, friends, family members and all those touched by the disease of addiction.

The Heroes in Recovery 6K Run/Walk will be held on Saturday, November 16 at 8:00 am in Court Square in Downtown Memphis. The race will begin and end in the square, taking participants on a scenic 6K (3.728 mile) loop course through Downtown and beside the Mississippi River.

The race will include awards presented to the top three Overall males and females. Additional prizes will be awarded to top three male and female finishers in their age divisions. Registered participants will each receive a short-sleeve technical t-shirt and finisher's medal. This is a family-friendly event and will include food and entertainment for race participants and spectators.

The charity beneficiary for this race is [The Way](#), an outreach ministry of St. John's United Methodist Church. The Way is a service of recovery, one based on the beatitudes and the 12 Steps, and one fully embracing recovery in every sense of the word.

This [Heroes in Recovery](#) event is the 10<sup>th</sup> in a series of 6k races that are held across the country to raise awareness and break the stigma associated with addiction treatment and recovery.

Previous events have taken place in Nashville, TN, Palm Springs, CA, Louisville, CO, Coconut Grove, FL, and Greenville, SC.

Early registration for all races is \$25, regular registration is \$30, and day-of-race fees run at \$35.

For more information and to register go to [www.heroes6k.com](http://www.heroes6k.com)

**About Heroes in Recovery:**

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), 20 million people needed substance abuse treatment last year and did not receive it. Ten million Americans did not receive needed mental health care. The stigma associated with substance abuse and mental health disorders creates a significant barrier to individuals and families seeking help.

Heroes in Recovery is a grassroots movement intended to remove the social stigma associated with people who are in recovery, to recognize the heroic effort it takes to overcome the obstacles in seeking help, and to celebrate the act of preventing the past from kidnapping the future. While the movement initially focuses on persons recovering from addictive behavior, it is also meant to recognize heroes recovering from many other types of disorders and trauma that can feed or manifest from an addiction.

The Heroes in Recovery 6K races serve as an educational tool for the communities as well as a reminder to individuals that while they are on a personal journey of recovery, many others are on that road with them. For more information or to register for any of the Heroes 6K races, go to [HeroesInRecovery6K.com](http://HeroesInRecovery6K.com).

**About Foundations Recovery Network:**

Headquartered in Nashville, TN, Foundations Recovery Network is one of the premier organizations for treating those with co-occurring addiction and mental health disorders. FRN's treatment facilities include Michael's House in Palm Springs, CA; The Canyon in Malibu, CA; La Paloma in Memphis, TN; and full-service outpatient treatment centers in Atlanta, GA; Santa Monica, CA; San Francisco, CA; Memphis, TN; Nashville, TN; and Palm Springs, CA.

All FRN facilities utilize an integrated treatment approach, focusing on a Dual Diagnosis model for lasting recovery. [www.foundationrecoverynetwork.com](http://www.foundationrecoverynetwork.com)

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