

FOR IMMEDIATE RELEASE

Heroes In Recovery Announces Third Annual Race In Palm Springs

Heroes in Recovery 6K Run/Walk takes place on February 1, 2014 to raise awareness of recovery movement and celebrate everyday heroes.

January 13, 2014 (Nashville, TN) – Heroes in Recovery, a movement which celebrates the heroic efforts of those who seek the addiction and mental health help they need without feeling ashamed or isolated is proud to announce the 3rd annual Heroes in Recovery 6k Run/Walk in Palm Springs. The movement, started by [Foundations Recovery Network](#) (FRN), which includes [Michael's House](#) of Palm Springs, seeks to educate the community at large and celebrate those on the journey of recovery.

The Heroes in Recovery 6K Run/Walk will be held on Saturday, February 1, at 8:00 am in Palm Springs, CA. The race will begin and end at the Palm Springs Art Museum, taking participants on a scenic 6K (3.728 mile) course.

The race will include awards presented to the top three males and females in the Overall category with additional prizes being 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 event will benefit the ABC Recovery Center located in Indio, CA. For almost fifty years ABC Recovery Center has been treating individuals with substance abuse problems. ABC Recovery Center provides a complete continuum of care for people who suffer from alcohol and drug addiction, offering high quality, personal treatment plans that are both effective and financially accessible.

This Heroes in Recovery event is the 11th 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.

Early registration for all races is \$30, regular registration is \$35, and day-of-race fees are \$40.

For more information and to register go to www.heroesinrecovery.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 meant also 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 community 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 or visit

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; as well as full-service outpatient treatment centers in Atlanta, GA; Santa Monica, CA; Memphis, TN; Nashville, TN; San Francisco, CA; and Palm Springs, CA. All Foundations Recovery Network treatment centers practice a system of care that treats co-occurring disorders in a fully integrated approach for lasting recovery.

For more information, please visit www.foundationsrecoverynetwork.com.

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