



**FOR IMMEDIATE RELEASE**

## **Heroes In Recovery Announces Second Annual Race In South Florida on May 3, 2014**

*A Heroes in Recovery 6K Run/Walk event takes place on May 3 to support those in recovery and break the stigma associated with addiction.*

**January 21, 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 2<sup>nd</sup> annual Heroes in Recovery 6k Run/Walk in South Florida. The movement, started by [Foundations Recovery Network](#) (FRN), seeks to educate the community at large and celebrate those on the journey of recovery.

[Medivance Billing Service](#) is the sponsor of the Heroes in Recovery 6K Run/Walk, which will be held on Saturday, May 3, at 7:00 am at Tradewinds Park in Coconut Creek, FL. The race will begin and end in the park, taking participants on a scenic 6K (3.728 mile) out-and-back course inside the park.

The race will include awards presented to the top three males and females in the overall category. Additional prizes will be awarded to the 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 that will include food and entertainment for race participants and spectators.

The charity beneficiary for this race is [The Susan B. Anthony Recovery Center](#), a warm and caring treatment center specializing in services for substance-addicted pregnant women and mothers with children located in South Florida. The goal of the Center is to stop the cycle of substance addiction, family dysfunction, and homelessness by keeping the family together and fostering healthy relationships. The Susan B. Anthony Recovery Center is the only facility in Broward County that allows children to reside with their mothers while receiving services needed to transform their lives.

This Heroes in Recovery event is the 12th 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 \$25, regular registration is \$30 increasing to \$35, and day-of-race fees are \$40.

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

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