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This Event is for the Dogs

New Leash on Life 5K Run/3K Fun Walk to Raise Awareness of Mental Illness

Rochester, Minn. – Zumbro Valley Health Center and Camp Companion are collaborating to raise awareness of mental illness and the positive impact that pets have as part of Suicide Prevention Awareness Month. Each year, more than 40,000 people die by suicide, many of whom have suffered from anxiety and depression.

Research shows that having a dog, cat or other pet has a positive impact on fighting depression and coping with stress by reducing loneliness. Pet owners also benefit from exercising more, resulting in fewer headaches, lower blood pressure and a reduced risk for heart disease. The 8th Annual *New Leash on Life* is focused on raising awareness of mental illness and the helpful role of pets. All proceeds benefit Zumbro Valley Health Center and Camp Companion.

Participants can participate in a 5K run or 3K fun walk through the park. At the finish line, participants will celebrate with games, prizes and refreshments. Other features include:

- T-shirts for all participants
- Games and activities for dogs
- Awards for top pledge collectors
- Trophies for top 5K finishers
- Sponsor booths with give-aways

The event will be held at Rochester's Silver Lake Park on Saturday, September 23, from 9:00 a.m. to 11:30 a.m. Registration will begin at 9:00 a.m. Individuals and teams can register at <http://www.firstgiving.com/newleashonlife-rochestermn/2016-new-leash-on-life-5k-dog-run3k-fun-walk>.

Zumbro Valley Health Center is a not-for-profit organization that provides mental, chemical, medical, dental and social services to under- and un-insured people across Southeast Minnesota. Camp Companion is a volunteer-driven organization dedicated to providing humane protection and shelter for abandoned or lost companion animals.

About Zumbro Valley Health Center

Restoring hope...one life at a time. Zumbro Valley Health Center enhances the quality of life for residents in southeastern Minnesota by serving as a community resource for the integrated treatment of mental health issues, addiction disorders and medical conditions. The organization collaborates with government agencies, schools, non-profit groups and others to provide integrated services to under- and un-served populations. Zumbro Valley Health Center is a private, non-profit organization serving Olmsted and Fillmore counties. For more information, visit our Web site at www.zvhc.org or call 507-289-2089.