



## Heart of Texas Region Mental Health Mental Retardation Center

110 S. 12<sup>th</sup> St. • Waco, Texas 76701 • (254) 752-3451

May is Mental Health Awareness month. Did you know that approximately 1 in 5 adults in the US – 43.8 million experiences mental illness in a given year?

HOTR MHMR continues to provide valuable services to individuals with Mental Illness, Developmental Delays, Intellectual disabilities, and those dealing with trauma or stressors that exceed their coping abilities. Over the past year we have been able to impact over 500 of our consumers through the Wellness programs by providing primary care, opportunities for exercise, classes on healthy eating and assistance with quitting tobacco.

Please help us to continue to provide these valuable services and raise awareness in our community about the impact of mental illness. We will be hosting a **5k on May 6<sup>th</sup>** to raise funds for our consumer and employee wellness programs. You can assist us in becoming a healthier agency and providing a greater impact on our community through a sponsorship –

Gold Level - \$1000.00

Silver - \$500.00

Bronze - \$250.00

The donation would be tax deductible and would guarantee your logo on the back of the race T-shirt. **We would need to receive the donation and your logo by April 21<sup>st</sup>** to ensure you are recognized on the T-shirts. We are also looking for volunteers and would love to have you with us as we are Striding for Wellness!

For more information, please contact Molly Howard at 254-297-7065.

Thank you for your support!

*Molly Howard, LCSW*

Wellness Coordinator

Heart of Texas Region MHMR