

VA



**U.S. Department
of Veterans Affairs**

Dayton VA Medical Center

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Dayton OH, 45428

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FOR IMMEDIATE RELEASE

DATE: May 6, 2017

Dayton VA Medical Center to host NAMI Walk

DAYTON VA MEDICAL CENTER, Ohio -- The Dayton VA Medical Center will host NAMI of Montgomery County's 4th Annual Strides for Mental Health 5K at 10 a.m. May 6 at building 305.

NAMI of Montgomery County brings awareness and education to the community regarding mental health.

The organization hosts groups and educational classes for the community free of charge to help tear down the wall of stigma and help people live in recovery. NAMI Montgomery County and the Dayton VA Mental Health Service continue working together to provide educational and support groups for Veterans like NAMI Family to Family, and NAMI Homefront. These classes and support groups are part of the national agreement between NAMI and the VA to provide help to Veterans, active duty military and their dependents.

Registration for the event opens at 8:30 a.m. Runners who want to register early, or find out more about NAMI, can do so at www.nami-mc.org. For those who want to warm up prior to the run, there will be a free Zumba class at 9:20 a.m.

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For more information about the event, contact Ted Froats at (937) 267-3919 or ted.froats@va.gov.