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May 31, 2022 – For Immediate Release

WALK FOR WELLNESS TO SUPPORT MID-MICHIGAN TREATMENT COURT FOUNDATION

LANSING – The Mid-Michigan Treatment Court Foundation is hosting its first annual Walk for Wellness on Saturday June 18, 2022 at Granger Meadows Park from 9:00 – 11:30 am. This family friendly, non-competitive 1 mile walk around the park's blue trail is designed to share awareness about the positive impact of the Mid-Michigan Treatment court programs and to raise funds to help treatment court participants facing financial hardships that challenge their recovery. Please note, Granger Meadows Park does not allow dogs.

To register for the Walk go to <https://runsignup.com/Race/MI/Lansing/MMTCFWalkforWellness> or www.mmtcf.org. Registration fee is \$20 for adults and \$10 for youth 10-17. Children ages 9 and under are free. T-shirts can be purchased on the registration website for \$10. 100 percent of the contributions for the race will go to help mid-Michigan Treatment Court participants.

The Mid-Michigan Treatment Court Foundation is a 501(c)(3) organization that assists local treatment participants with financial obstacles that may hinder progress towards recovery. For example, the Foundation may assist with substance abuse counseling fees, dental work, bus passes, drug screening, utility bills and other needs that threaten a participant's ability to complete the intensive court-ordered programming and succeed in recovery.

The mid-Michigan recovery community has been negatively impacted by the COVID-19 virus. The National Alliance on Mental Illness (NAMI) reports the relapse rate for individuals during COVID is 30 percent. "ICTCF has the important job of supporting these vulnerable citizens in the trifecta of stressful situations – maintaining sobriety, learning healthy coping skills while avoiding coronavirus in one of the nation's most challenging socio-economic times," says Jerre Cory, ICTCF Executive Director. "Every contribution goes to helping an individual deal with unexpected expenses that may challenge their sobriety. Every donation makes a real difference in someone's life."

For more information on the positive impact of the ICTCF, visit its website at www.mmtcf.org

MMTCF thanks the sponsors for this event: White Law PLC, Aboud Law Firm, LAFCU and JSG Monitoring.

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