



# **2<sup>nd</sup> Annual 5K & “Living the Dream” Walk**

In memory of Ben Long and for support of individuals and families affected by substance abuse, depression or suicide.

When: Saturday April 8, 2017 9:00am – 1:00pm

Where: Yowell Meadow Park, Culpeper, VA

Cost: \$25.00 for runners (Free T-shirt to first 100 registered) walkers donations appreciated

Make checks payable to “Living the Dream” Foundation P.O. Box 4 Culpeper, VA 22701

Donations are tax deductible (Federal ID# 23-7238218)

**Silent Auction, water, lunch and music provided!**

## **Why Participate?**

- Help support local prevention programs that reduce the risk of substance abuse
- Let individuals and families affected by depression and substance abuse know there is help!
  - Support those who have lost loved ones to addiction and suicide
- Learn more about substance abuse, depression and suicide and what is being done to address these issues in the Culpeper community

**B.E.L. “BELIEVING IN EVERY LIFE”**