

# **Living the Dream Foundation**

## **“Living the Dream” Walk**

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

**When:** April 9, 2016 10:00am-1:00pm

**Where:** Yowell Meadow Park, Culpeper, VA

**Cost:** Donations are appreciated (*Make checks payable to Living the Dream Foundation/RRCS, Attn: Alan Rasmussen, PO Box 1568, Culpeper, VA 22701*)

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

**For more information:** Contact Alan Rasmussen, RRCS Prevention Specialist, 434-825-8913

**Water, lunch and music will be provided!**

### **Why Participate?**

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

***Sponsored by:***

***Living the Dream Foundation (LTD)  
Rappahannock Rapidan Community Services (RRCS)***