



NEWS RELEASE

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For Immediate Release

Free WALK for Mental Health Awareness on Saturday, May 11

Sioux Center, IA – On Saturday, May 11th, Maurice Reformed Church and Seasons Center are hosting the WALK for Mental Health Awareness in recognition of Mental Health Awareness Month. This is a free, family-friendly event to recognize the importance of mental health and to share resources on where to seek help.

"Events like this help promote awareness and reduce the stigma around mental illness," said Pastor Ross Hoekstra of Maurice Reformed Church. "The goal is that we would be able to talk openly about mental illness and give individuals the strength and courage to seek treatment at organizations, like Season Center, for their mental health needs."

Registrations are now being accepted for the May 11th walk by visiting <https://bit.ly/2OiMtm3>. Those who register before April 26 will get an event t-shirt, made possible by the sponsors of the event. The WALK begins with registration from 8:30-9 AM at Central Park in Sioux Center. A free kids' carnival and snacks will follow the event until 12 PM.

"We are grateful to Pastor Hoekstra and Maurice Reformed Church for approaching us about a community event like this and helping make it happen," said Katie Ping, Marketing & Events Coordinator at Seasons Center.

The proceeds of the WALK for Mental Health Awareness will benefit Camp Autumn by providing scholarships for children to attend this unique therapeutic camp.

"Camp Autumn provides a fun, safe, and healing camp experience for children with behavioral health concerns," said Christina Eggink-Postma, VP of

Program Coordination and Compliance at Seasons. “We look forward to sharing more resources on mental health through this event and how prevention and early intervention can play a key role in the overall well-being of our children, families, and communities.”

For more information on this event or services provided by Seasons, Autumn's Center, and Camp Autumn, please visit our website at: www.seasonscenter.org or call 1.800.242.5101.

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Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a broad range of behavioral health Services, Seasons recognizes that investing in behavioral health is investing in a community's economic, education, health and human services systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons' services, please visit www.seasonscenter.org or call 1-800-242-5101.

Avera is a regional partnership of health professionals who share support services to provide excellent care at 300 locations in 100 communities in eastern South Dakota and surrounding states. Our ministry, our people and our superior values distinguish Avera. We carry on the health care legacy of the Benedictine and Presentation Sisters, delivering care in an environment guided by our values of compassion hospitality and stewardship. Avera employs more than 13,500. Inpatient, outpatient and clinic visits totaled nearly 2.5 million in the last year, a number equal to more than twice the population of the Avera service area. For more information please visit www.avera.org.