

## **Tahoe Youth & Family Services Hosts Virtual Fundraiser (Celebrate Miles for Recovery)**

September is National Recovery Month for both Substance Abuse and Mental Health. Tahoe Youth & Family Services in partnership with **Carson Valley Medical Center** is providing a Miles For Recovery Event!

***Tahoe Youth & Family Services is conducting a Virtual Challenge fundraiser*** through the month of September. This fundraiser will replace the organization's annual 5K event at the beginning of Carson Valley Days that we canceled because of the coronavirus outbreak.

Fundraising, donations, and grants are the only source of income for the 501c3 nonprofit.

Participants may run, bike, swim, walk, kayak, paddleboard, hike or horseback ride 30 miles or 100 miles completed September 1-30. It is virtual, so anyone anywhere can participate. We have people as far away as France participating. **Prizes will be given to those who sign up by September 15, 2020.** ***Anytime Fitness as our Premiere Sponsor*** is providing all fun swag including T-shirts, water bottles and neck gators.

For details and to sign up go to [www.tahoeyouth.org](http://www.tahoeyouth.org) or [www.100milesforrecovery.com](http://www.100milesforrecovery.com) or call Karen Carey at (775)782-4202.

If you have been procrastinating about getting healthy and becoming more active, join us and get motivated! Get healthy both physically and mentally while supporting children, youth and families recover from mental health and substance abuse challenges. Our community will be stronger together, if we take our own mental and physical health seriously and make it a priority.

Tahoe Youth & Family Services continues to offer mental health and substance abuse services to adults, youth, and families through Telehealth. As the pandemic continues to wreck- havoc with our communities, staying active is a way for you to stay physically fit and emotionally healthy. Staying active is one method of reducing your anxiety, depression, and stress! Life is not easy during these crazy days and Tahoe Youth and Family Services is here for you, just call us at “

***“Exercise is the key not only to physical health but to peace of mind.”***

*Nelson Mandela*