

# CMMHC

Is a proud sponsor of

## Let the Sun Shine

Run/Walk for Mental Health

**April 25, 2020**

St. Boniface Church Cold Spring, MN

Event includes:

2.2 mile-run/walk, Penguin Trot kids fun run,  
silent auction, bake sale and numerous door prizes

To register or for more information visit

[www.letthesunshinerun.com](http://www.letthesunshinerun.com)

or call Kathy @ 320-250-8892

### **AFFORDABLE REGISTRATION PRICES**

Preregistration before April 1<sup>st</sup>

**\$20 - 2.2 mile-run/walk**

**\$15 - Penguin Trot**

Includes t-shirt & door prize entry

Prices increase \$5 after April 1<sup>st</sup> & there is no t-shirt guarantee

#### Event Day Schedule

7:30 a.m. – packet pick up and race day registration

9:15 a.m. – silent auction closes

9:30 a.m. – 2.2-mile run/walk

10:30 – Penguin Trot kids fun run

*All proceeds will be donated to the **Brain & Behavior Research Foundation** – the world's leading donor-supported organization dedicated to finding the causes, improved treatments and cures for psychiatric illness. The areas of research include, but aren't limited to:*

Schizophrenia \* Depression \* Bipolar Disorder \* Suicide \* Autism \* ADHD \* Anxiety  
Alzheimer's Disease \* Parkinson's Disease \* OCD \* Eating Disorders  
Addiction \* Other mental health disorders

#### **Let the Sun Shine Run/Walk is sponsored in part by:**

Church of St. Boniface \* Center for Family Counseling \* Richfield Bloomington Eagles Club #3208 Cold Spring  
Lions \* Hendrick's Sand & Gravel \* Coldspring  
Cold Spring Fire & Rescue \* Firefest \* Marco \* Richmond Lions \* Rockville Lions  
Family & Friends of John Nenti \* Winner's Sports Bar & Grill \* Apricot Lane \* Blattner Family Council  
Central Minnesota Credit Union \* Central Minnesota Mental Health Center \* Cold Spring Eye Clinic  
Cold Spring Family Dentistry \* Cold Spring Home Pride Lions \* Deckendorf Enterprises  
Eagle Construction \* Enlightened Hypnotherapy & Guidance \* Farming Lions \* Gertken Bros.  
Gilleland Chevrolet \* Granite City Counseling \* Granite City Family Eye Care  
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Peace Lutheran Church \* Processus Consulting and Counseling \* Psychotherapeutic Resources  
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