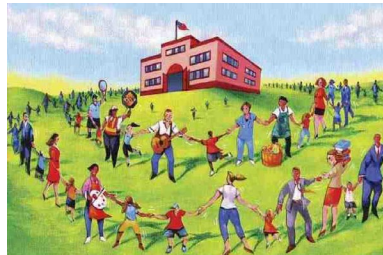


DOH Virtual 5k



Join fellow state employees for a fun and healthy activity, benefitting your choice of one of the listed charities.

- Register for this event at (Link).
 - Prizes will be awarded by agency.



ORW Operations Restored Warrior

Operations Restored Warrior Project: Meet the needs of military men and women who are suffering from PTSD and Combat Related Stress through counseling and a healing ranch experience. The ORW Operations Restored Warrior is a part of the CHC: Creating Healthier Communities that's mission is to create powerful connections between American workplaces, their employees and the trusted health charities of their choice to improve the lives of people living with a disability or chronic disease.

Communities in Schools of Washington

Communities in Schools of Washington surrounds students with a community of support, empowering them to stay in school and achieve in life. Our organization is part of the nation's largest dropout prevention program providing school-based integrated student supports to children and youth most at risk of school failure. Crisis in Washington One in five Washington students will fail to graduate on time.

The mission of Communities in Schools is to surround students with a community of support, empowering them to stay in school and achieve in life. As the Washington State Office, we provide support to our 12 affiliates implementation the CIS module in their local communities ensuring they provide effective programs with successful outcomes in support of our mission.

WHEN: September 29th – October 13th

WHERE: Virtual – Choose your own route

WHAT: 5K (3.12 miles)

Walk/Run may be completed on your own time & at your own pace. May be completed in one day or in smaller increments.

ENTRY: Suggested \$5 donation, but not required to participate.

For more information visit: Wellness@Health

