

**Please add any additional riders:**

All children under 12 must be accompanied by an adult.

Name \_\_\_\_\_

Age \_\_\_\_\_

T-shirt size \_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_

T-shirt size \_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_

T-shirt size \_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_

T-shirt size \_\_\_\_\_

## Mental Health Month

Mental Health Month was started in 1949 in order to increase awareness about mental health. It is held every year in May and sponsored by the National Mental Health Association (NMHA) and the National Council for Community Behavioral Healthcare (NCCBH). Mental health is a key factor in the overall health of a person. Mental illness can affect children and adults and it is important to remember to care for your mind as well as you body. Mental health can affect every aspect of a person's life including work, school, home life, family, and friends. Many Americans do not seek treatment for a mental illness because of the lack of awareness about the issue and because of the stigmas associated with mental illness. However, a person's quality of life can be improved with early diagnosis and appropriate treatment.

"Without community understanding of mental illness and acceptance of those living with mental illness, people will continue to avoid talking about it and seeking help." (Mental Health Association)

**\*Almost 80% of individuals with a mental illness can become well again if they receive the proper treatment.**

### What can you do

- \*Educate yourself and others about mental health
- \*Seek help if you or someone you know may be suffering from a mental illness
- \*Get involved in community programs and awareness events
- \*Participate in the Pathways PEDAL Power bike ride

For more information about mental health month visit the NMHA website at [www.nmha.org](http://www.nmha.org).



**May 5th , 2007**

**10:30 AM**

**Beginning and Ending at Heery Woods State Park - Clarksville**

**Light lunch following event**

**Door Prizes- including two youth bicycles**

# Pathways Behavioral Services

**When:** May 5th 2007

10:30AM

**Where:** Rolling Prairie Trail from Clarksville to Allison and back

-Begins and Ends at Heery Woods State Park-off of Highway 188, Clarksville.

**Registration:** \$15 early fee for adults and \$5 for children. Children under 12 must be accompanied by an adult. Please make checks payable to Pathways.

\$18 after April 25th

\*If you are unable to ride but would like to sponsor another rider please feel free to do so.

\*For more information or any questions please contact Vicki Mueller at 319-235-2521 ext. 422.

Pathways 1st annual Bike ride for Healthy Families serves as a means to educate the public on Mental Health issues including prevention and the importance of early identification and intervention of potential mental health problems. Proceeds will go for mental health services in Bremer, Butler, and Chickasaw Counties.

*\*Pathways Behavioral Services mission is to provide the best possible behavioral health treatment and prevention services and other related services to individuals, families, and communities to improve the quality of life in Northeast Iowa.*



Name		T-Shirt Size: XS S M L XL	
Address			
City	State	Zip	
Phone	Email	Birth date	

**Pathways PEDAL Power**  
 Please mail registration for Pathways Behavioral Services  
 Attention: Vicki Mueller  
 3362 university Avenue  
 Waterloo, IA 50701