



FOR IMMEDIATE RELEASE

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THE COMMUNITY HEALTH CENTER INC. PRESENTS 5K PROMOTING MENTAL HEALTH AWARENESS

Anthem Blue Cross and Blue Shield as lead sponsor, and eight other local businesses and organizations will join as sponsors

Meriden, CT (April 10th, 2013): In the wake of the tragic events that took place in Newtown, Conn. just several months ago, the Community Health Center, Inc. is proud to be presenting the inaugural CHC Meriden 5k: Race for Mental Health, with the support of lead sponsor Anthem Blue Cross and Blue Shield. The event will take place at Hubbard Park in Meriden, Connecticut on the morning of Saturday, May 11th, and will feature a 5k run/walk, a Superhero-themed Kids Fun Run, and a Health Fair.

According to the National Institute of Mental Health (NIMH), about 1 in every 4 adults (26%) suffers from a diagnosable mental disorder in a given year. This number – which is estimated at 58 million people aged eighteen and older – makes mental disorders the number one type of disability in the United States.

May is Mental Health Awareness Month, making the event incredibly relevant at a time when both state and national efforts are being made to address mental health, the stigmas attached to it, and improving the quality of treatment that is being delivered by caregivers. One-hundred percent of the proceeds will be distributed by the United Way to local organizations dedicated to mental health care.

Following all of the physical events, an awards ceremony will take place and a best superhero cape contest will be held. A Health Fair featuring local organizations and companies will be running throughout the morning, and a DJ will be playing everyone's favorite music from beginning to end.

"Anthem is proud to support Community Health Center, Inc. and the Inaugural CHC Meriden 5k: Race for Mental Health," said David R. Fusco, president, Anthem Blue Cross and Blue Shield. "By supporting events that promote a healthy lifestyle and support mental health awareness we can help achieve our goal as a company in Connecticut--and that is to improve the lives of the people we serve and the health of our communities."

Meriden Mayor Mike Rohde had this to say about the event: "We are pleased to host the Inaugural CHC 5k Race, Health Walk, and Children's Fun Run during Mental Health Awareness Month. This event brings nine local organizations together to promote mental health awareness and raise funds to support this cause. It promises to be a fun-filled day for all runners, walkers, families, and friends!"

Other sponsors include:

City of Meriden: Mayor's Office, Greater Meriden Chamber: Health Wellness Council, Hunter's Ambulance, Meriden Department of Health and Human Services, Meriden YMCA, MidState Medical Center, Ovation Benefits, and Rushford Center.

Register online at <http://startlinraceservices.com/calendar.htm>. Any individuals interested in volunteering at the event should contact Melanie Wilde at wildem@chc1.com.

About Community Health Center, Inc.

Since 1972, Community Health Center, Inc. has been one of the leading healthcare providers in the state of Connecticut, building a world-class primary health care system committed to caring for uninsured and underserved populations. CHC is focused on improving health outcomes for its more than 130,000 patients as well as building healthy communities. Recognized as both a Level 3 Patient-Centered Medical Home by the National Committee for Quality Assurance and a Primary Care Medical Home by The Joint Commission, CHC delivers service in more than 200 locations statewide, offering primary care in medical, dental and behavioral health services. For more information, visit www.chc1.com.

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