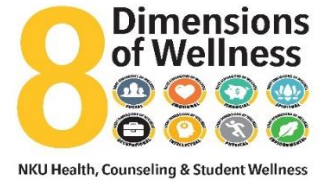


WARRIOR RUN 2020



FIND YOUR PATH TO WELLNESS

Warrior Run is a 5K race to promote mental health, eliminate the stigma of suicide and increase programming in schools and universities. **The mission of 1N5 is to promote optimal mental health for youth in Greater Cincinnati through education and stigma reduction, community engagement, policy and advocacy, and measurement and data work.**

Northern Kentucky University is proud to be a part of this important event and recognizes the significance of mental health on young adults, especially this year. With the global pandemic, social injustices around our country, and economic stress facing so many, we recognize how critical mental health services are at this time. Every dollar raised by NKU supports mental health programming on our campus. This year the tag line is “Find Your Path” and we have joined it with our 8 dimensions of wellness. We ask all our students to create posters, stream videos, make TikToks, and share on social media, using the phrase “Find Your Path to Wellness”. With your support, we can do it!

WHAT: Virtual 5K run on one day, or multiple days

WHEN: 9/26/20-10/10/20

COST: \$10 per student (includes a race t-shirt)

HOW DO I REGISTER: Go to www.cincywarriorrun.org to register, join NKU NORSE Strong team to register/make a donation or both!

Join team NKU NORSE STRONG as we promote mental health awareness, raise money for education and prevention services and compete against local universities for the title of college challenge winners.

