



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



Steve Hall, RS, MS
Health Officer

Jennifer Morse, MD, MPH, FAAFP
Medical Director

PRESS RELEASE FOR LOCAL MEDIA

To: Local Media Outlets
From: Central Michigan District Health Department
RE: CMDHD Hosting 16th Annual HIV/AIDS 5K
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CMDHD to Host 16th Annual Central Michigan HIV/AIDS 5K Walk/Run on September 20

In-person and virtual options available

Central Michigan District Health Department (CMDHD) invites the community to take part in the 16th Annual Central Michigan HIV/AIDS 5K Walk/Run on Saturday, September 20, at Island Park in Mt. Pleasant. A virtual participation option is also available.

This annual event raises awareness about HIV/AIDS, works to reduce stigma, and supports people living with HIV/AIDS across the Central Michigan region. It's open to all ages and fitness levels and is designed to bring the community together for a cause that matters.

"CMDHD is committed to upholding the dignity and worth of all individuals. Our mission is to ensure the highest quality of life for those affected by and living with HIV/AIDS," said Anna Reetz, CMDHD Community Health Supervisor.

Cost to participate is \$25 per person for those ages 18 and older. Register online at <https://runsignup.com/Race/MI/MountPleasant/CentralMichiganHIVAIDS5k>. Those under age 18 can join for free with a donation to The Care Store on race day. A list of the most-needed donation items is available [online](#).

Proceeds from the 5K support Community Health programs such as harm reduction, HIV medical care, case management, and social service referrals. These services help meet essential needs like insurance, food, housing, transportation, and counseling.

For questions or more information about the in-person or virtual event, contact Nadia at 989-773-5921 ext. 1460.

Please visit us online at www.cmdhd.org.

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To request an interview, please visit our website (cmdhd.org) and fill out the [Media Interview Request Form](#).



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