Music for the Mind Charity Founded in Honor of Josh Monroe, to Host 5K Run

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Dexter, MO - Music for the Mind charity will host a Rock and Run 5K and Family Fun Run on Saturday, March 20, 2021. The race begins at 9:00 a.m. at Central Elementary. Come in your favorite band shirt or dressed as your favorite rocker!!

All proceeds go to help people that have been through a trauma.

"Music for the Mind provides love offerings for families that have been through traumatic events in hopes to provide help for mental wellness," commented Monroe, founder of Music for the Mind.

The charity was founded in honor of the late Josh Monroe

"Our family would like to pay forward the love and the blessings we received during that tragic time of our lives to other families that have experienced trauma," continued Stephanie.

"It is our hope that mental wellness will be an important healing process with love offerings to help families with their needs during traumatic times."

"Josh was a fine musician, and we met and created our relationship because of music."

"Music heals, and we hope this charity will honor Josh and help mend the hearts and minds of those that experience the unfortunate."

You can pre-register before March 2nd and are guaranteed a t-shirt, but you can still register the morning of and have some fun running for a great cause.

The race day check-in starts at 8:15 a.m. and the race will begin at 9:00 a.m. Entry cost is $25. Contact Stephanie Monroe via email at **musicforthemind2019@gmail.com**

You can also make payments online @musicforthemind.co and scroll down to merchandise and select Rock and Run.

Any other questions or for a registration form call Stephanie Monroe at 573.421.8835.

The race will follow the same course as the middle school and high school cross country course.

There will be a Family Fun Run that's only 1 mile! That's right everyone can walk or run a mile!! Age groups for the 5K are high school students, age 19-30, age 31-50, and age 51+.

Please follow Music for the Mind on Facebook by clicking HERE.

This article: Music for the Mind Charity Founded in Honor of Josh Monroe, to Host 5K Run was first published on https:/showmetimes.com .

Written by Dee Loflin
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