

Employee & Family Resources

INVITES YOU TO

Ride Don't Hide



Bike to benefit EFR's Mental Health and Addiction Programs

MAY 21, 2023

Registration Opens: 9 am

Ride Begins: 10 am



EFR EMPLOYEE & FAMILY RESOURCES

SCAN QR
CODE TO
REGISTER
TODAY!



SUPPORT EFR'S
COUNSELING PROGRAMS,
and help eliminate the stigma
around mental health!

RIDE FOR MENTAL HEALTH
AWARENESS MONTH



ROUTE FOR RIDE DON'T HIDE 2023

