



**FOR IMMEDIATE RELEASE**

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## **LandrumHR 5k to benefit Lakeview Center**

**Pensacola, Fla. (Oct. 11, 2023)** – Runners, walkers and all those passionate about mental health are invited to join the LandrumHR 5k Run/Walk on Saturday, Oct. 21. The 5k starts at 8 a.m. from the LandrumHR office in downtown Pensacola, located at 219 E. Garden Street. Proceeds from the event will benefit Lakeview Center, which last year served more than 24,000 adults and children with mental illnesses, drug and alcohol dependencies, and intellectual disabilities.

The LandrumHR 5k strives to promote awareness of the link between physical and mental health. According to the National Institutes of Health, exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. These health benefits can be achieved with as little as 30 minutes of moderately intense exercise – like brisk walking – three times a week.

“Our inaugural 5K is designed to highlight the important integration between physical and mental health to the community. We are excited to partner with Lakeview Center and that the proceeds will benefit their behavioral health services,” said Britt Landrum, III, President and CEO of LandrumHR. “We’re encouraging people to run or walk the event with the goal of simply getting people moving.”

From Escambia to Walton County, Lakeview Center offers more than 60 programs ranging from inpatient and residential treatments to outpatient counseling, psychiatry, trauma care, treatments for substance misuse, and 24/7 support for those with serious mental illnesses.

“We are so grateful for our partnership with the LandrumHR team,” said Allison Hill, CEO of Lakeview Center’s parent company, LifeView Group. “Their generous support will help us fulfill our mission of ‘helping people throughout life’s journey’ and provide comprehensive mental health care for children and adults across Northwest Florida.”

Registration for the LandrumHR 5k is \$35. Refreshments will be available. Prizes will be awarded for the top male and female racers, with additional prizes for specific age groups.

Sponsors include such generous supporters as Clark Partington Attorneys at Law; Centennial Bank; Cogent Building Group; Cox Communications; Florida Blue; Florida Power & Light; Navy Federal Credit Union; PenAir Credit Union; Wade, Palmer, Shoemaker, P.A.; Starnes Davis Florie LLP; USI Insurance Services; Waverly Advisors; Woodlands Medical Specialists; ID Group; Fabbro Marine Group; Regions Bank; Saltmarsh, Cleaveland & Gund; TrustMark; Greenhut Construction Company; Hosman Family; National Naval Aviation Museum; and West Florida Hardware.

For more information or to [pre-register for the race](#), visit [LandrumHR.com](http://LandrumHR.com).

#### **About Lakeview Center**

*Lakeview Center provides comprehensive behavioral health care to adults and children with mental illnesses, drug and alcohol dependencies and intellectual disabilities. Across Northwest Florida, our services range from residential treatment to outpatient counseling, psychiatry, trauma care, treatments for substance misuse and 24/7 support for those with serious mental illnesses. Learn more at [eLakeviewCenter.org](http://eLakeviewCenter.org).*

#### **About LandrumHR**

*LandrumHR is a full-service HR outsourcing company that has been providing organizations with exceptional HR and workforce solutions for over 50 years. LandrumHR provides employee benefits, payroll and tax compliance support, HR expertise, and workers' compensation through its PEO. The company also provides specialized recruiting services through two of its trusted brands. hrQ is an HR search firm that specializes in filling HR roles, while Ceres Talent is a marketing staffing agency that focuses on providing stellar marketing talent to organizations.*

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