



City of Oshkosh  
Police Department

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FOR IMMEDIATE RELEASE  
OSHKOSH POLICE DEPARTMENT

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Date: 08/20/2021  
Time: 09:15 AM  
Contact: Officer Kate Mann  
Public Affairs/ Crime Prevention  
(920) 236-5742  
Subject: Oshkosh Police Department's Mental Health and Wellness  
Awareness 5K October 2, 2021

OSHKOSH, WI (August 20, 2021): The Oshkosh Police Department will be hosting their Annual Mental Health and Wellness Awareness 5K on October 2, 2021 at Menominee Park located in the City of Oshkosh.

This 5K fun run/walk will begin at 9:00 AM (7:30 check in and registration) at Menominee Park (520 Pratt Trail) on October 2, 2021. By participating in this event, members of the community help raise money for OPD's Mental Health and Wellness Initiative. This wellness committee was formed in 2018 and its mission is to help combat the stigma associated with Law Enforcement Officers and mental health. The goals of this initiative are to offer officers, non-sworn staff and law enforcement families support, education, training and awareness in mental health and resiliency.

With the funds raised from this 5K, the Oshkosh Police Department plans on using the proceeds for education/training on physical/mental/emotional health, Law Enforcement resiliency training, and for speakers related to mental health and wellness.

To sign up for the run please visit:

<https://runsignup.com/Race/WI/Oshkosh/OPDmentalhealthawareness5k>

When registering for the event, you can receive a \$5 Discount by entering the code: FUNRUN. Make sure to sign up by September 9<sup>th</sup> to receive a t-shirt with registration. Please contact Tori Heidemann at [theidemann@ci.oshkosh.wi.us](mailto:theidemann@ci.oshkosh.wi.us) or (920) 236-5729 to speak with her about donations/sponsorship.

Thank you for continued support for our Mental Health and Wellness Initiatives.