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## LandrumHR 5k raises \$15,000 benefitting Lakeview Center

**Pensacola, Fla.** (Dec. 13, 2023) – In a check presentation at Lakeview Center’s December board meeting, LandrumHR presented a donation of \$15,000 from the proceeds of their inaugural 5K Run/Walk event held in October.

The event promoted awareness of the link between physical and mental health.

“LandrumHR was inspired to create an event that features exercise as a way to improve mental health,” said Britt Landrum, III, CEO of LandrumHR. “And because of the great work they do with mental health services, partnering with Lakeview was the perfect fit. We’re excited about the community’s response to our first year,” continued Landrum, III, “and we are already looking forward to our second annual event set for October 19, 2024.

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.

“The generous support of the LandrumHR team and event sponsors will help benefit the more than 24,000 adults and children served every year through Lakeview Center,” said Allison Hill, CEO of Lakeview Center’s parent company, LifeView Group. “We see people in some of their most vulnerable moments, and funds raised from this event will help us fulfill our mission of ‘helping people throughout life’s journey’.”

Prizes were awarded at the 5K for the top male and female racers with additional prizes for specific age groups. Richard Mayberry won first place in the male category and Tia Guidry, with Lakeview Center of Walton County, won first place in the female category. Most importantly, \$15,000 was raised to support services and programs offered by Lakeview Center, a non-profit that has been serving the community for almost 70 years.

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. Last year, Lakeview Center served more than 24,000 adults and children with mental illnesses, drug and alcohol dependencies, and intellectual disabilities.

Sponsors included 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 on how to support programs like this, visit [eLakeviewCenter.org](http://eLakeviewCenter.org).

### **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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