

# The Preventive Measures Foundation Rallied for Mental Wellness at A Million Steps Walk, Reaching \$25K Fundraising Goal

*The Preventive Measures Foundation Rallied for Mental Wellness at A Million Steps Walk, Reaching \$25K Fundraising Goal*

ALLENTOWN, PA, UNITED STATES, May 27, 2025 /EINPresswire.com/ -- The Lehigh Valley community gathered to walk for mental health awareness, accomplishing the Preventive Measures Foundation's (TPMF) \$25K fundraising goal. The 9th Annual A Million Steps to Mental Health Awareness Walk drew a remarkable crowd to Cedar Beach Park in Allentown on Saturday, May 17th with support pouring in from families, youth, business owners, nonprofits and elected officials across the region.

This Walk became a space for families that have lost loved ones from suicide to uplift their memories and impact while driving the call to action, that we must work as a community to support mental wellness for all. Allentown Mayor Matt Tuerk joined the Walk, reinforcing the city's commitment to mental health and wellness. "What we witnessed in Allentown was community in its purest form," said Dwayne Jones, Chairman of the Preventive Measures Foundation. "This kind of visibility breaks down barriers and builds momentum for lasting change".

The funds raised will power TPMF's Community Organization Grant Program, which provides up to \$5,000 to organizations promoting mental wellness in vulnerable communities through resources, wraparound services, and wellness initiatives. These programs improve the overall quality of life through trusted, community-rooted support. Apply for TPMF's Community Grant [HERE](#).

This year's Walk was proudly sponsored by friends of The Preventive Measures Foundation,



Allentown Mayor, Matt Tuerk, with Lawrence Wright, Master Barber of The Barber Pill and Mental Health Advocate

including Trailblazer Sponsors Allstate-Allen Agency, Friends Hospital, Jones Real Estate, PM NOW and Preventive Measures, Inc. For more information about this spectacular event, visit the A Million Steps Walk page. Coverage from WFMZ available [HERE](#). Photos available upon request.

#MentalHealthLehighValley  
#AMillionSteps #PreventiveMeasures  
#MentalHealthAwareness  
#WalkForWellness



Tyrone Russell, Chief People Officer, Preventive Measures with walkers in Cedar Beach Park

## ABOUT THE PREVENTIVE MEASURES FOUNDATION

The Preventive Measures Foundation is a 501(c)(3) organization formed as the philanthropic extension of Preventive Measures, a trusted provider of mental health and supportive services

for more than 15 years. Commonly known as [The PM Foundation](#) or TPMF, the Foundation serves to improve the mental health of individuals and communities through education, investment, and support. TPMF plays a vital role in examining and addressing social determinants of health, promoting mental wellness, and supporting future providers and organizations offering wraparound services through scholarships and grant programs, respectively. For more information visit [thepmfoundation.org](http://thepmfoundation.org)

“

What we witnessed in Allentown was community in its purest form. This kind of visibility breaks down barriers and builds momentum for lasting change.”

*Dwayne Jones, Chairman of  
the Preventive Measures  
Foundation*

Chiletta Walls  
Preventive Measures, Inc.  
+ +1 980-622-6791

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

[YouTube](#)



Walkers in Cedar Beach Park, Allentown, PA

---

This press release can be viewed online at: <https://www.einpresswire.com/article/816569208>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.