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FOR IMMEDIATE RELEASE
July 25, 2018

OPTIMAE'S ADAMS NAMED NAMI GREATER DES MOINES PRESIDENT

JULY 25, 2018 (DES MOINES, IA) — Optimae LifeServices, Inc. is pleased to announce Ashley Adams, director of Optimae Rehabilitation Services, has been selected as president of the National Alliance on Mental Illness Greater Des Moines board.

Adams will serve a two-year term leading the Central Iowa organization's 15-member board. Her goals include expanding NAMI programming to rural areas and children and continue to increase funding streams to allow for future growth. NAMI Greater Des Moines served more than 38,000 Central Iowans in Polk, Dallas, Warren and Madison counties last year through its mental health education, support and advocacy efforts.

"I absolutely love the positive impact NAMI Greater Des Moines has on our community," Adams said. "I'm looking forward to what the future holds for the organization and mental health awareness in our communities."

Adams has volunteered at NAMI Greater Des Moines since 2016, which is the same year she joined Optimae as an occupational therapist. NAMI is a grassroots nonprofit that provides education about mental health and advocates on behalf of individuals affected by it.

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About Optimae LifeServices

Optimae LifeServices, Inc. provides healthcare and human services for individuals with disabilities and mental illness in 39 Central, Eastern and Southern Iowa counties. For more than three decades, we have equipped our customers with supports and services that encourage choice, empowerment and community integration. Our programs include community-based, behavioral health, home health,

rehabilitation and residential care services. We advocate for the rights and needs of more than 5,300 lowans each year, providing the quality of care we would want for our own family.