

Join us for the 2nd Annual

5K Health Walk/Run



TWO STEPS TO SAVE A LIFE

1

Call 911

2

Push hard & fast in the center of the chest



American Heart Association

CPR & First Aid

Celebrating Preparedness Month & World Heart Day



Date: Saturday, September 24, 2016

Location: Ewing Park, Callahan

Walk/Run: Begins at 9:00am



- 5K Health Walk/Run will be untimed and led by Dr. Kiersten Prince, DO
- 5K Health Walk/Run is FREE—NO ENTRY FEE
- All participants who complete the 5K will receive a free water bottle & shoelaces.

Other Activities:

- Hands Only CPR & Stop the Bleed Training
- Walk with a Doc Program Information
- Walk with Me Program Information
- Zika Information - Drain & Cover, Spill the Water (to prevent mosquito exposure)
- 5210—Let's Go Healthiest Weight