



# Just Move It!



*Strength • Endurance • Tradition*

## 2019 COMMUNITY-WIDE WALK/RUN SERIES 1 & 2 MILE COURSES

DATE	LOCATION	ON-SITE REGISTRATION	START
10/2	District 2 Service Center	5:00 pm	5:30 pm
10/4	District 7 Service Center	5:00 pm	5:30 pm
10/12	District 1 Service Center	7:30 am	8:00 am
10/19	District 4 Service Center	7:30 am	8:00 am
10/25	District 5 Service Center	5:00 pm	5:30 pm
11/6	District 6 Komatke Health Center <i>Life Center Annual Health Fair 3 pm - 6 pm (KHC Front Entrance)</i>	4:00 pm	4:30 pm
11/13	District 3 Hu Hu Kam Memorial Hospital <i>Life Center Annual Health Fair 3 pm - 6 pm (HHKMH Front Entrance)</i>	4:00 pm	4:30 pm

**JMI SHIRTS WILL BE GIVEN TO PARTICIPANTS**  
(WHILE SUPPLIES LAST – ADULT SIZES ONLY)

**FOR INFORMATION, CALL LIFE CENTER DIABETES PREVENTION (520) 562-7940**

