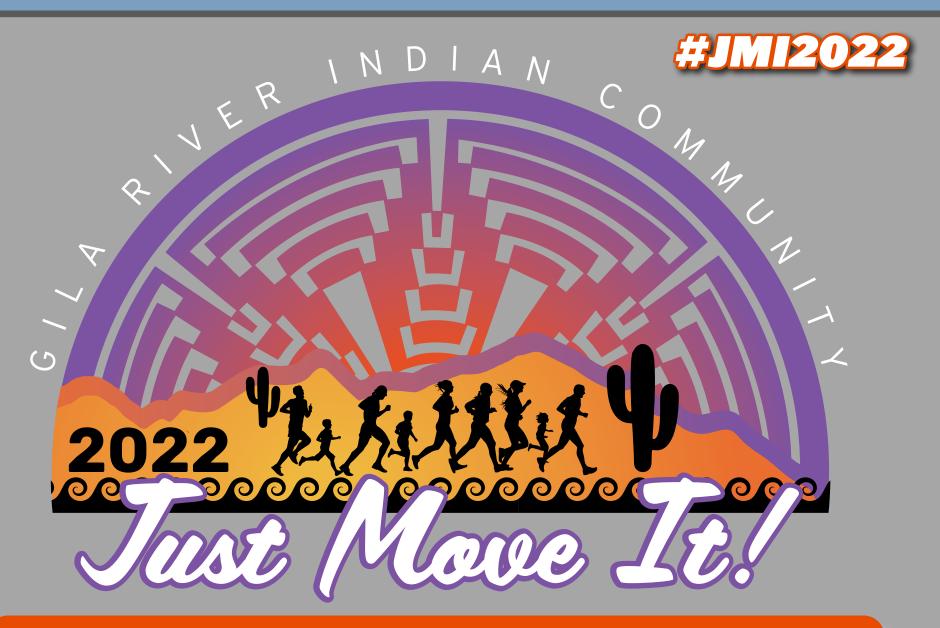


LIFE CENTER DIABETES, ENDOCRINOLOGY & WELLNESS



DIABETES PREVENTION JUST MOVE IT 2022

The Diabetes Prevention Team is committed to hosting this event to promote physical activity for all.

Join us for this year's virtual **Just Move It** 2022 walk/run. walk/rum 11/12/22

11/6/22-

Time: **Complete your** 3 mile distance walk/run between 11/6/22 - 11/12/22

Location **Choose your route** https://www. surveymonkey.com/r/ LC Virtual Fun Run Walk 2022

Registration **closes 11/4/22**





Track your walk/run (you can use any GPS app if desired). Share a screen shot of your results with us at JMI2022@grhc.org

Post a picture of you at your finish line on Instagram or Facebook using #JMI2022

