

**#JMI2022**



## 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.

**3 mile walk/run** **11/6/22-11/12/22**

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

**Location:**  
Choose your route

**Register:**  
[https://www.surveymonkey.com/r/LC\\_Virtual\\_Fun\\_Run\\_Walk\\_2022](https://www.surveymonkey.com/r/LC_Virtual_Fun_Run_Walk_2022)

**Registration closes 11/4/22**



Scan Me!

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](mailto:JMI2022@grhc.org)

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



Participants who register will be eligible for a 2022 JMI t-shirt.