



March Madness 5K Run/Walk Series

March is National Nutrition Month!

EXERCISE and **NUTRITION** go hand-n-hand
for a healthy lifestyle.

DATE	REGISTRATION TIME	START TIME	LOCATION
March 4, 2020	5:00pm	5:30pm	Tolani Lake Chapter House
March 10, 2020	5:00pm	5:30pm	Winslow, AZ - Across Winslow Crossings Apartments
March 18, 2020	5:00 pm	5:30pm	Leupp Chapter House
March 25, 2020	5:00pm	5:30pm	Birdsprings Chapter House



****If you participate in all sites, you will receive a Nike Hoodie.**

For any questions, please contact Telesha Irving at 928-289-6238 or via email at telesha.irving@wihcc.org. HPDP is not responsible for any injuries, lost or stolen items. *Let's encourage each other to be more physically active.*