



TURKEY CHASE
1 MILE
GLOW RUN
HALF MILE WALK

Tuesday, November 14
EMCC Campus

fun fitness activities & healthy snacks

**Glow necklaces & incentives for
all participants!**

Registration: 5:30 PM
Sullivan Windham field

Walk 6:00 PM
Run 6:15 PM

ENTRY FEE: 1 CANNED FOOD ITEM
TURKEY HATS & COSTUMES WELCOME!



**OUR
PRIDE**

Making Strides Toward Optimal Health

Made Possible Through A Grant From



**Blue Cross & Blue Shield of
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