



Have you ever wanted to participate in a 5k and didn't think you could? Learn the proper walking techniques to help you achieve your goal. Walk with others in this 8 week program that will conclude with a 5k walk starting and finishing at The Friendship Center

Schedule of events

Monday, April 22nd 10am (registration)

Monday April 29th –June 3rd (train)

Meet every Monday in Friendship Center Park at 10am

5 K June 10th - 10am

Cost = \$15

Includes commemorative t-shirt, water and light lunch on June 10th along with training techniques to meet your Objectives

Sign up at front desk, minimum participation necessary