



SAVE THE DATE!
SEPT. 21
2019

8:00am - 11:00am

REGISTER

VOLUNTEER

BRING A TEAM

\$20

EARLY BIRD

\$25

ADULT
(after Sept 1)

\$10

YOUTH
(age 12-18)

FREE

(under 12)

- ★ 5K WALK, RUN, OR BOTH PLUS 1 MILE CHALLENGE RACE AT KICKOFF (OPTIONAL)
- ★ FREE TEE-SHIRTS (WHILE SUPPLIES LAST)
- ★ PRIZES FOR EVERY AGE CATEGORY + LARGEST TEAM



LOCATION

Prince Georges Sports & Learning Complex
Meet at Outside Walking Trail
8001 Sheriff Road, Landover, MD

OUR SPONSOR - Ultimate Fitness, LLC

REGISTER TODAY!
www.360wholeness.org/2019-5k



Family Restoration and Healing Center, Inc. helps individuals achieve wholeness-mind, body and spirit! This event is to support community programs that help youth and families cope with stress, make healthy decisions, and prevent risky behaviors

