

RUN/WALK

for God

January 15 | 6:00pm
Information session &
Registration

Run/Walk for God 12-week Bible study that is aimed at running a 5k, but with a Christian focus. This is for ALL activity levels and will allow us to parallel the principles of faith and endurance. If you do not have interest in running, but just want to be more intentional about your health, you can still participate. There will be many other opportunities to join group exercise classes in the community, grocery store tours, free heart-healthy cooking classes, information on proper footwear, injury prevention, and more!

Here are a few details for our study, so that you can plan ahead....

Information Session (Registration & Initial Assessments)

January 15

6:00pm FUMC Family Life Center

(weight, BMI, A1c, cholesterol, blood pressure....will be repeated at week 12)

Transformation Tuesdays (Weekly Devotions & Workouts)

January 22- April 9

6:00pm-7:15pm at FUMC Family Life Center

40 minutes: Prayer, Devotion, and Walking/Running Education

35 minutes: Physical Activities (different levels will be offered based on abilities)

Community Foundation 5K Run/1mile fun walk

Saturday, April 13th.

We'll be celebrating our accomplishments by walking/running this 5k!

**RUN
FOR
GOD**



www.RUNFORGOD.com

"...Let us run with endurance the race that is set before us." Hebrews 12:1

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Register at RUNFORGOD.COM