

**Program  
fee  
includes  
race entry  
to Run  
Santa Run  
5K!**



**Weekly support  
meetings with  
training plan  
and  
experienced  
mentors to  
ensure your  
success in  
becoming a  
fitness  
walker/runner**

If you are ready to take the first step toward fitness and wellness or are looking to try your first 5K, improve your current running, or train for a longer distance with support and guidance, then this program is for you. GET FIT is a running based program designed for those who are new to walking/running for fitness, those getting back into walking/running after an injury or time off, or for those simply looking for some camaraderie and support in working towards a better running experience. Join us for our summer session to GET and STAY FIT!

**10-week program fee  
of \$100 includes:**

Weekly meetings which will include  
running education and support

Walking/running plan and experienced  
mentors to get you properly introduced  
to this lifetime activity

'Get Fit' team shirt

Race entry to 'Run Santa Run 5K' as our  
goal race. Possibility of other GCXC races  
with a discounted entry.

**Program Start Date**

**Wednesday, September 18<sup>th</sup>, 2019**

Lake Health Brunner Sanden  
Dietrick Wellness Center

6:00-7:30pm

Conference Room B

**To register contact Brenda Scinto**

**[scinto@ameritech.net](mailto:scinto@ameritech.net)**

**440-364-1608**

