

THREE MILE WALK/RUN

Sponsored by Athletes for the Quality of Life



Walk/Run for Fun and Health

Come join us for a fun walk/run at Mira Mar Lake in Scripps Ranch and end with some refreshments and good friends. To obtain directions, secure a BIB, and get more info please email vince@healthfitnessadvisor.com. A \$2 donation is welcomed and all the money raised will go to Elder Help of San Diego who assists seniors with maintaining their independence.



Helping Seniors Maintain Their Independence

August 22, 2010

Registration Starts at 7am, Walk/Run at 7:30am