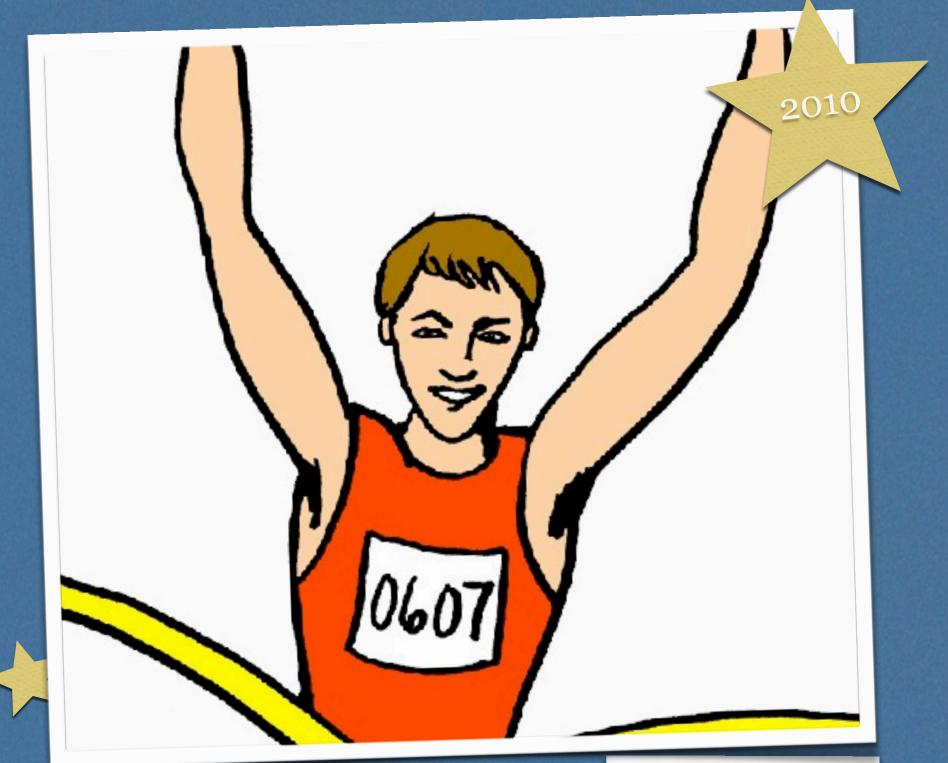
## THREE MILE WALK/RUN Sponsored by Athletes for the Quality of Life



## 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 <u>vince@healthfitnessadvisor.com</u>. 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