

# STRIDES FOR DIABETES

## 5K Run 3K/5K Walk & Prevention Fair



**September 20, 2015**  
**8:00 – 11:30am**  
**Paradise Community Park**

**Run/Walk** Join us in promoting healthy lifestyle choices within the Paradise Community while having fun! Prizes awarded to top runners and teams. *All proceeds benefit our Diabetes Education and Scholarship Fund which provides diabetes self care training and classes to un/underinsured residents in our community.*

**Race Course** The 5K timed run follows the walking path starting from the park gazebo at Pearson and runs uphill towards Bille Rd. (following the bike path). Racers turn just above Bille Rd. and head back to finish at the gazebo. Be inspired by the beauty, be challenged by the uphill course.

**Activities** The prevention fair includes activities for the whole family that show how simple lifestyle changes can improve your health. Participate in our live fitness demonstrations, enjoy music and visit our experts to learn fun ways to eat well and get exercising. • Giveaways & healthy food samples • Free health screenings • Amazing raffle prizes!

**Registration** Contact the Diabetes Education Department at (530) 876-7297 or [caroline.carey@ah.org](mailto:caroline.carey@ah.org) for information about individual or team registration –or- go to [www.strides4diabetes.com](http://www.strides4diabetes.com). Online registration available at [www.active.com](http://www.active.com), type Paradise in “search activities” box. Registration fees: \$25/Run\*; \$15/Walk. Teens:13-18 yrs: \$5. Free registration for children 12 and under with adult registration.

*\*t-shirt included.*

***This event is provided by:***

***in cooperation with:***

