

STRIDES FOR DIABETES

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



October 13, 2013
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. **Free registration for children under 12 with adult registrant.**

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 near 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 (Hip Hop Dance, Zumba, and Karate), enjoy music and visit our experts to learn fun ways to eat well and get exercising. • Giveaways & healthy food samples • Free screenings • Flu shots for everyone • Amazing raffle prizes!

Registration Contact the Diabetes Education Department at (530) 876-7297 or caroline.carey@ah.org for brochure and/or information about team registration or go to www.frhosp.org/strides. Online registration available at www.active.com.

This event is sponsored by Feather River Hospital Diabetes Education in cooperation with Lions Clubs of the Paradise Ridge and Youth4Change. Proceeds benefit our Diabetes Education and Scholarship Fund.



Lions Clubs of the Paradise Ridge



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