

# STRIDES FOR DIABETES Prevention Fair

**5K Run 3K/5K Walk**  
**Sunday, October 14, 2012**  
**8:00 – 11:30am**  
**Paradise Community Park**



For more information call (530) 876-7297  
or visit website [www.frhosp.org/strides](http://www.frhosp.org/strides)  
or register online @ [www.active.com](http://www.active.com)

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