



Be healthy every day and strive for:

- 5** or more **fruits and vegetables**
- 2** hours or less **recreational screen time**
- 1** hour or more of **physical activity**
- 0** **sugary drinks**, more water & low fat milk

ALACHUA COUNTY  
**Medical Society**



PLEASE COME AND JOIN US AT:

5K Walk/Run Begins @ 9:00 AM

Where: Fred Cone Park  
2841 E. University Avenue  
Gainesville, FL 32641

- ◇ Registration is FREE
- ◇ Event is open to all ages
- ◇ FREE Water Bottles for first 100 Participants



*\*\*For more information about this event, please contact Kourtney Oliver @ (352) 334-8889\*\**