

REGISTER NOW
2 LACE UP 4 HEALTH

Live, Work, Move Seminole 5K & Health Expo



Hosts and Sponsors
HealthiestWeight

HealthySeminole



SATURDAY, APRIL 11, 2015

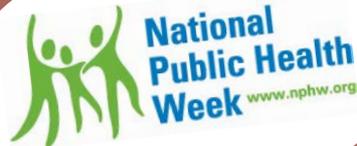
7:30 am – 12:00 pm

Race 8:00 am and Health & Fitness Expo 9:00 am
Sanford Riverwalk/Fort Mellon Park
600 E. 1st Street, Sanford

Celebrate your health by walking or running the 1st annual 5K for National Public Health Week in Seminole County and help us become the *healthiest* county in Florida!

Registration fee \$25 until March 31.
Late registration fee \$30 April 1- April 9.

Registration includes finishers medal, commemorative t-shirt & back pack.



Florida Department of Health in Seminole County
Employee Wellness Committee
Call (407) 665-3008 for more information and sponsorship.

REGISTRATION: <https://runsignup.com/Race/FL/Sanford/LIVEWORKMOVESEMINOLE5KRunWalk>

