



# APRIL 30, 2018 LEARN-TO-RUN 5K PROGRAM

Occupational Health and Wellness

Make 2018 your year to become a Better 'U'. Join other Faculty and Staff and begin Occupational Health and Wellness' FREE 12-week Learn-to-Run 5K program.

**UNIVERSITY**  
*of* **GUELPH**

APRIL 24, 2018  
INFORMATION SESSION  
ALEXANDER HALL  
RM #168  
12:00PM - 1:00PM

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~PROGRAM BEGINS~  
APRIL 30, 2018  
EVERY MONDAY &  
WEDNESDAY  
JOHN POWELL BUILDING  
12:00PM - 1:00PM

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JULY 11, 2018  
~5K RACE DAY~  
IN DOWNTOWN GUELPH

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GET FIT!!

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HAVE FUN!!

## TO REGISTER

Contact Kelly McEwen at  
x52647 or  
kellymc@uoguelph.ca

Register by April 26