



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

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

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

GET FIT!!

HAVE FUN!!

TO REGISTER

Contact Kelly McEwen at
x52647 or
kellymc@uoguelph.ca

Register by April 26