



APRIL 24, 2019 LEARN-TO-RUN 5K PROGRAM

Occupational Health and Wellness

Make 2019 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 15, 2019
INFORMATION SESSION
ALEXANDER HALL
RM #168
12:00PM - 1:00PM

~PROGRAM BEGINS~
APRIL 24, 2019
EVERY MONDAY &
WEDNESDAY
JOHN POWELL BUILDING
12:00PM - 1:00PM

JULY 2019
~5K RACE DAY~
IN DOWNTOWN GUELPH

GET FIT!!

HAVE FUN!!

TO REGISTER

Contact Kelly McEwen at
x52647 or
kellymce@uoguelph.ca

Register by April 26