

**Join Kaweah  
Health for  
Heart Month  
and show your  
heart some love.**



**Can you dig it?  
Be there or be square!**

**Saturday, February 18, 2023**

**On-site registration opens at 7AM**

**Run/Walk starts at 8 AM**

### **What's happenin'**

- New 5K Course - Riverway Sports Park & St. Johns Trail
- Custom finisher's medals
- Race T-shirts
- Custom bibs
- Chip timing
- Plus music, food, and more!
- Free Health Screenings: ABI, carotid, blood pressure

**Register Now!**



[KaweahHealth.org/5k](https://KaweahHealth.org/5k)

### **Run for fun, or compete for prizes.**

- Fastest overall male and female, 1st, 2nd, 3rd place
- Foxiest disco attire – male and female

**BOOGIE ON DOWN AT THE GROOVIEST EVENT AROUND.**

#### **More info**

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