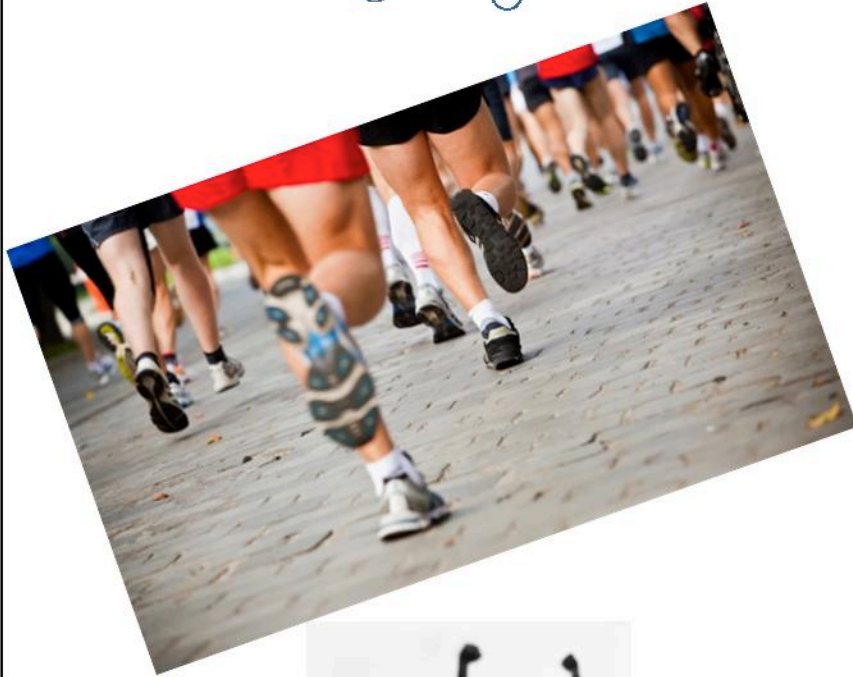


How to Train for a 5K

Is running a 5K on your bucket list or
a goal you want to accomplish?



March 18 at 6:30

Or

March 31 at 6:30



Conference Room
111 North Main
Breese, IL

Limited seating available.
Reserve your seat by calling
Breese Dental Care at
526-2020 or email
tracy@breesedentalcare.com

Come to our workshop and learn how to train for a 5K with Tracy Smith, Personal Trainer and Certified Marathon Trainer. Use the tips from this workshop to run in the American Cancer Society Relay for Life 5K hosted by Breese Dental Care on May 31, 2014.

This workshop brought to you by BDC Health & Wellness Initiative.
~ Improving Our Community One Person at a Time ~