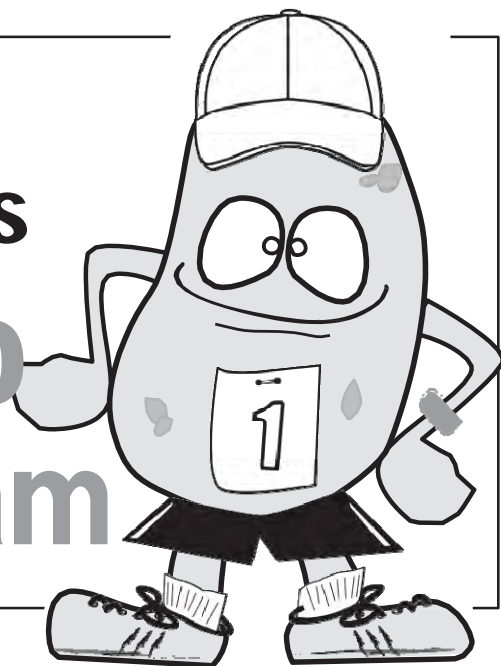


Graham Children's Health Services Presents the Couch Potato to BFF 5K program



*Participants
have the
chance to
win an
iPod
Shuffle*

This **FREE** training program will begin on
SATURDAY, MARCH 17th and will conclude
with the *BURNSVILLE FIT FAMILIES 5K RACE*
to be held on **SATURDAY, MAY 19th**
TOGETHER WE CAN GET FIT!

Join us for this free fitness opportunity to train together on our runs /walks. **TOGETHER WE CAN GET FIT!**

The whole community is invited! The more sessions you attend the greater your chances of winning.

WHERE: Mountain Heritage High School Track (Burnsville Elementary Track when MHHS is not available)

WHEN: Tuesdays and Thursdays • 5:45
Saturdays • 9:00 am
Be sure to bring your own water!

To register for the **BURNSVILLE FIT FAMILIES 5K RUN**
or view the training plan go to
www.healthyyancey.org
or call **828-682-7899**

**Contact your physician before starting any exercise program.*



GRAHAM
CHILDREN'S
HEALTH SERVICES

**Get
FIT!**