



# FORT HEALTHCARE MEMORIAL DAY WEEKEND VIRTUAL 5K

JOIN US IN BECOMING THE HEALTHIEST COMMUNITY IN WISCONSIN BY  
LACING UP YOUR WALKING/RUNNING SHOES  
THIS MEMORIAL DAY WEEKEND

- ➔ REGISTER FOR FREE AT [FORTHEALTHCARE.COM/CLASS/VIRTUAL5K/](https://forthehealthcare.com/class/virtual5k/)
- ➔ WALK/RUN 3.1 MILES BETWEEN MAY 22ND AND MAY 25TH, 2020
- ➔ SUBMIT PROOF OF TIME/COMPLETION BY 11:59PM ON MAY 25TH

FOR QUESTIONS, PLEASE VISIT [FORTHEALTHCARE.COM/VIRTUAL5K/](https://forthehealthcare.com/virtual5k/) OR CALL  
COMMUNITY HEALTH AND WELLNESS AT (920) 568-5475 OR EMAIL  
[WELLNESS.ADVISOR@FORTH.COM](mailto:WELLNESS.ADVISOR@FORTH.COM)