

Super Heroes for a Super Cause



5k/10k, **run** and 1 mile **walk.**

Join us for the 4th Annual 5k,/10k/1 Mile Family Fun Walk. Proceeds to benefit the Fowler Bonan Foundation Clothes for Kids program.



618.252.5555
www.IntegratedHealthofSI.com

| | |
|---------------------|---|
| Sign up Dates: | From now until race day |
| Sign up location: | Online or at Integrated Health of Southern Illinois |
| Race Date and Time: | October 11, 2014 @ 9:00 am |
| Race Location: | Start and finish @ Integrated Health |
| What: | Keeping healthy and donating to a great cause for kids |
| Dress: | Super hero costume highly suggested- awards for best costumes |

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"Clothes for Kids"