

PROVIDENCE CENTRALIA HOSPITAL PRESENTS

HEALTHIER TOGETHER

A WELLNESS EVENT AND FUN RUN/WALK FOR ALL AGES



SATURDAY, SEPT. 16 • 8-11 a.m.

Providence Professional Building parking lot
1090 Scheuber Road, Centralia, WA 98531

Bring your whole family and join us Saturday, Sept. 16, for Providence Centralia Hospital's Healthier Together wellness event. Enjoy activities for all ages.

All activities are free and open to the public.



5K FUN RUN AND WALK

**Presented in partnership with Centralia Rotary
and Run Amok Irish Running Club**

8 – 8:45 a.m. • Registration; first 300 registrants get a free T-shirt;
all participants get a ticket for door prize drawings

8:45 – 9 a.m. • Stretching and running advice from Providence physical therapists

9 a.m. • 5K fun run/walk



KIDS DASH

10:30 a.m. • A shorter run for kids up to age 12

Register for the run, walk and dash online at
ProvRegister.org or **at the event.**



HEALTH SCREENINGS

Get free screenings for cholesterol, blood sugar and blood pressure levels.



HEALTH TIPS

Knowledge is health power! Learn simple things you
can do to get healthy – and stay healthy – for life.

**TO REGISTER, VISIT
PROVREGISTER.ORG.
FOR MORE INFORMATION,
CALL 360-330-8535.**

