



# WALK, RUN, CHEER or VOLUNTEER

Sunday, September 29, 2019

at the Broadway Park, French St in Bangor

The earlier you sign up, the more group runs, support, prizes and fun!

St. Joe's Commit to Get Fit is not your average 5k/10k. **The earlier you register, the more support, information and FUN you get out of making the commitment.** Whether your goal is to finish your first 5k or to earn a PR in the 10k, this is the race for you.

- **Start a team and challenge another department** to recruit more members, raise more money, or beat your team's overall time on race day.
- **Volunteer your talents** to lead a group walk, run or educational lunch and learn for those in training.
- **Like us on Facebook** and share with your friends.
- **Providers: sign up to get a personalized team "prescription" pad** for your patients to Commit to Get Fit and build your team.
- **Share your ideas** with Sue Bernier at [sbernier@covh.org](mailto:sbernier@covh.org) or ext. 3166.

[stjoeshealing.org/commit](http://stjoeshealing.org/commit)