

# THREE MILE WALK/RUN

Sponsored by Athletes for the Quality of Life



## Walk/Run for Fun and Health

*Come join us for a fun walk/run at Mira Mar Lake in Scripps Ranch and end with some refreshments and good friends. To obtain directions, secure a BIB, and get more info please email [vince@healthfitnessadvisor.com](mailto:vince@healthfitnessadvisor.com). A \$2 donation is welcomed and all the money raised will go to Elder Help of San Diego who assists seniors with maintaining their independence.*



## Helping Seniors Maintain Their Independence

August 22, 2010

Registration Starts at 7am, Walk/Run at 7:30am