



Health Expo Information

INTEGRATIVE ALTERNATIVE MEDICINE
 NATIONAL ALLIANCE ON MENTAL ILLNESS
 FLU SHOTS
 BREAST CANCER AWARENESS
 CALVERT COUNTY HEALTH DEPARTMENT: SMOKE CESSATION
 BMI ASSESSMENT

Schedule

8:00 - 8:45 AM: CHECK-IN
 9:00 AM: RUN START TIME
 10:30 AM - 11:00 AM: AWARDS CEREMONY
 9:00 AM – 11:30 AM: HEALTH & WELLNESS EXPO

Costs

\$40 ADULTS (13 & UP) \$25 (12 & UNDER)
 INCLUDES FUN RUN/WALK, A T-SHIRT WITH EARLY REGISTRATION, AND HEALTH EXPO. PROCEEDS BENEFIT PROGRAMS WITHIN THE CALVERT COUNTY COMMUNITY.

Location

HALLOWING POINT PARK
Prince Frederick, MD 20678

For more information visit us on Facebook at www.facebook.com/OmegaPiOmegaChapter/

5K RUN/WALK
“BEING A HEALTHIER YOU”

Grab a friend and join the women of Omega Pi Omega Chapter of Alpha Kappa Alpha Sorority Inc. on Sunday, September 16, 2018, for our 1st Annual 5K Fun Run/Walk and Health Expo to include health screenings and health demonstrations.