



EAT HEALTHY

CHALLENGE

Saturday, July 23 | 7:30 - 10:30 am
Deerlake Middle School

FREE HEALTH SCREENINGS

7:30 - 10:30 am

Understanding your risk for chronic diseases like heart disease, obesity and diabetes is paramount to understanding the status of your health.

- Blood Pressure
- Blood Sugar
- Weight
- Body Mass Index (BMI)

5K AND 1 MILE WALK

7:30 - 8:30 am Onsite Registration

8 am 1 Mile Walk
Free Registration.

8:30 am 5K
\$10 Registration
Free under 18 yr.

Register at TMH.ORG/Challenge

