



# APRIL 13, 2015 LEARN-TO-RUN 5K PROGRAM

Occupational Health and Wellness

Make 2015 your year to become a Better 'U'. Join other Faculty and Staff and begin Occupational Health and Wellness' FREE 12-week Learn-to-Run 5K program.

**UNIVERSITY**  
*of* **GUELPH**

APRIL 1, 2015  
~INFORMATION SESSION~  
ALEXANDER HALL  
RM #168  
12:00PM - 1:00PM

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APRIL 13, 2015  
~PROGRAM BEGINS~  
EVERY MONDAY &  
WEDNESDAY  
JOHN POWELL BUILDING  
12:00PM - 1:00PM

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JULY 8, 2015  
~5K RACE DAY~  
IN DOWNTOWN GUELPH

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GET FIT!!

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HAVE FUN!!

**TO REGISTER**

email Heather Harris at  
harrish@uoguelph.ca

Register by April 6th

Spaces are limited