

3rd Annual Family 5K Volksmarch

October 17

9 a.m.—noon

Kenner Army
Health Clinic

700 24th Street
Fort Lee, VA

Get. Active!

With **Team**

KENNER

- 5K Run/Walk
- Registration begins at 8 a.m.
- No registration fee!
- Run begins at 9 a.m.
- Enjoy family walk/run through historic Petersburg National Battlefield Park



Family
Fitness
Fun

Stretch
Run
Sweat

Walk
Breathe
Smile

Want to know more?

Call (804) 734-9086

PERFORMANCE TRIAD
Activity, Nutrition, and Sleep

Professional
**SOLDIER
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