



FLY BRAVE RUN CLUB

5-week program

Interested in running? Run with John on Sunday's starting January 27th. Run Club is an annual program we roll out 3 times a year in 5-week sessions for families with autism and other developmental disabilities. We meet at **McKinley Park, on the Alhambra side, in front of the pond and to the right of the McKinley Library**. We start with a light warm up and then run or walk around the park for 40 minutes and finish with stretching and high 5s. This is a great way to get our community moving together. We hope to see you there.

- Volunteers and a Running Coach will be on-site to assist runners/walkers.

DATES:
JANUARY 27TH
FEBRUARY 10TH, 17TH,
24TH, MARCH 3RD,
MARCH 10TH

TIME:
10-11 AM

IT'S FREE!
AND, YOU GET A FREE
SHIRT!

BRING A WATER
BOTTLE!

TO REGISTER,
[CLICK HERE.](#)

FLY BRAVE
FOUNDATION

flybravefoundation@gmail.com

www.flybrave.org