



# FLY BRAVE RUN CLUB

## 5-week program

Interested in running? Run with John on Sunday's starting January 27<sup>th</sup>. 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 27<sup>TH</sup>**  
**FEBRUARY 10<sup>TH</sup>, 17<sup>TH</sup>,**  
**24<sup>TH</sup>, MARCH 3<sup>RD</sup>**

**TIME:**  
**10-11 AM**

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

**BRING A WATER**  
**BOTTLE!**

**TO REGISTER,**  
**[CLICK HERE.](#)**

**FLY BRAVE**  
**FOUNDATION**

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[www.flybrave.org](http://www.flybrave.org)