



JOIN US FOR A
**COMPLIMENTARY
 INFORMATIONAL LUNCHEON**
 AS WE OPEN 2022 REGISTRATION

BIG CARDIO

5K • FITNESS • SPORTS • CYCLE • FUN

WHEN Friday, February 4, 2022
TIME 11:30-1pm
WHERE Welcome Center
 First Baptist Fort Lauderdale
 301 East Broward Blvd
 Fort Lauderdale, FL 33301
INFO (954) 933-3129, joyce@bigcf.org
RSVP bigcardio.org

- Get back to life and have some fun!
- Pick up info packet for your company, school, church, or club and learn how to participate in a super-fun 5K Run/Walk multi-sport event on Saturday, May 7, 2022.
- Show corporate goodwill in the community.
- Kickstart a health and wellness program.
- Boost company morality and culture.
- Learn how you can host your annual picnic at the event!

HELP TO RESHAPE THE FUTURES OF VULNERABLE AND AT RISK TEENS



YOUR PARTICIPATION IN BIG CARDIO 2022 WILL PROVIDE OPPORTUNITIES FOR A BETTER QUALITY OF LIFE, SKILLS AND EDUCATION, AND PROFESSIONAL DEVELOPMENT!

- 80% have health challenges
- 50% will land homeless and fall prey to human trafficking, early pregnancy, violence, crime, drugs, alcohol
- 60% males will be arrested or land in jail
- 2% will go to college

ReshapeTheirFuture.com

