



An annual event since 2008

Friday, Feb 6

Complimentary

2026

LUNCH-N-LEARN

DELICIOUSLY SPONSORED BY

PADRINO'S  
Cuban Restaurant



- ✓ HR DIRECTORS
- ✓ BUSINESS MANAGERS
- ✓ MINISTRY LEADERS
- ✓ FAMILY LEADERS
- ✓ TEACHERS
- ✓ SPORTS COACHES
- ✓ FITNESS CLUB MGRS
- ✓ SPECIALTY GROUPS



SCAN, CLICK, OR VISIT  
BIGCARDIO.ORG TO LEARN  
ABOUT BIG CARDIO EVENT

Join us for lunch and get ENERGIZED, INSPIRED, and  
MOVED TO ACTION, and lead YOUR TEAM to SUCCESS!

COMPLIMENTARY LUNCH-N-LEARN

FRIDAY, FEB 6, 2026 | 11:30am

WELCOME CENTER | 3480 NE 3<sup>RD</sup> AVE | PAKLAND PARK FL 33334

CLICK TO  
RSVP  
NOW!



KEYNOTE SPEAKER

CRAIG HUSTON

EXECUTIVE BUSINESS COACH



Summit  
ACHIEVERS®

- Learn techniques to **connect with your people, create camaraderie, and build a healthy company culture**
- Learn to **become a strong, principled leader professionally and personally in your family**
- Learn to **improve the well-being, life outlook, and personal satisfaction in your team and family members**

LEARN HOW YOU CAN BE A TEAM CAPTAIN FOR BIG CARDIO EVENT | SATURDAY, MAY 2, 2026

5K RUN / WALK | PRAYER WALK | OBSTACLE COURSE COMPETITION | PICKLEBALL | SPORTS | BOOTHS



COMMUNITY CHRISTIAN CHURCH



JOHNSON & JOHNSON



THE CAMP



PJ ROSSI GEMS



ELI'S FITNESS STUDIO