

Couch to 5K Wellness Challenge

presented by City of Manchester Wellness Committee

Win a \$1,000 Visa Gift Card & more!

Participate in at least 3 different **Wellness Events** and complete the **Santa Claus Shuffle** in Downtown Manchester on Saturday, December 1 for your chance to win!

Upcoming **Wellness Events**:

- **Fitness & Nutrition Session** - October 10, 12PM at City Hall Aldermanic Chambers
October 11, 8AM at DPW Building Conference Room 1
October 12, 3PM at Health Department Conference Room 162
- **Footrace for the Fallen** - October 14, 10AM at Manchester Police Department
- **ACS Making Strides Against Breast Cancer Walk** - October 21, 10:30AM at Arms Park

More events and info sessions to be announced. Check the **Wellness Committee** website for updated lists of approved events and registration links.

City of Manchester employees will receive a discounted rate when registering for the **Santa Claus Shuffle**. Register by **Sunday, October 14** (use code: Manchester Wellness) to receive **\$10 OFF** or register by **Thursday, November 1** (use code: Wellness) to receive **\$5 OFF**. Full price registration is \$30 per person. Visit www.millenniumrunning.com to register today or for more information on the event!

For the latest information on the **Couch to 5K Wellness Challenge**, please visit www.manchesternh.gov/wellness.

