



**Say Yes to Holistic Wellness!**

## **5k Run/Walk and Community Health Fair**

*Sponsored by Brandon SDA Church Health Ministries*

Sunday, October 30, 2016

8am-1pm

Alderman Ford Park

100 Alderman Ford Drive

Plant City, Florida 33567

**Register Online:**

**<http://www.active.com/plant-city-fl/other-endurance/say-yes-to-holistic-wellness-5k-run-walk-and-community-health-fair-2016>**

Say Yes to Holistic Wellness 5K Run/Walk and/Community Health Fair will take place in the beautiful, relaxing setting of Alderman Ford Park.

The 5K Run/Walk is a fundraiser for the *Florida Sheriff's Youth Ranches*. After the 5K Run/Walk participants can enjoy a FREE Health Fair to learn 8 ways to be healthier and happy. Hands on activities for children and adults are designed for an enjoyable experience.