



Lords & Ladies
salon medical spa



5K & FAMILY DAY

SUNDAY, MAY 19



Riverfront Park
140 College Drive
Pottstown, PA 19464



A portion of proceeds to benefit
Girls on the Run of Berks County

9:30 am - Check in begins

11 am - 5k run/walk

Sign up online at

<https://lfamilyday5k.eventbrite.com>

Food, activities for kids, music, games,
& more until 2pm!

