FAMILY GUIDANCE CENTER PRESENTS

MINDyourHEALTH





Run, Walk & Community Event

SATURDAY
MAY 20
2023

8AM - I I AM

I 2 I 6 PARKSIDE DRIVE NORTH STONE HOUSE IN WYOMISSING

GET MOVING TO JOIN IN ON THE FUN AND SUPPORT MENTAL HEALTH AWARENESS AND EDUCATION

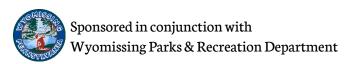
Community Event Features

Raffle Baskets • Wellness Vendors • FREE Carnival Games
FREE Chair Massages • Decorated Wheels Parade for Kids
Wacky Patti and her Balloon Creations • Music by DJ Ron
FREE Fitness Demos

Event details and online 5k/walk registration available at www.familyguidancecenter.com

or call (610) 374-4963







5k Run timing by Pretzel City Sports	
Entry: All proceeds benefit Family Guidance Center. A completed registration form with a signed waiver is required for all runners and walkers, children included.	
Pre-Registration - on/before April 28, 2023: Runners: \$30 entry fee. T-shirt and swag bag included with paid registration, while supplies last. Walkers: \$5 entry fee. T-shirt and swag bag not included. T-shirts are available for \$20/shirt, while supplies last. Children walkers (12 and under) walk for free!	
Registration - after April 28, 2023: Runners: \$35 entry fee. T-shirt and swag bag included with paid registration, while supplies last. Walkers: \$10 entry fee. T-shirt and swag bag not included. T-shirts are available for \$20/shirt, while supplies last. Children walkers (12 and under) walk for free!	
Race day registration and packet pickup begins at 8am on Saturday, May 20th, 2023.	
Mind Your Health Event Day Schedule:	Location: 1216 Parkside Drive North Wyomissing, PA 19610
8:00am Health & Wellness Event begins Registration / Packet Pickup begins 9:00am 5k Race Start 9:05am Family-Friendly Walk Start 10:00am 5k Race Awards 10:30am Decorated Wheels Parade 11:00am Raffle Drawing (no need to be present to win!)	Stone House Park is bordered by Parkside Drives North & South and Wyomissing Blvd. Event parking and access information can be found on the event website and registration pages. Visit our website at www.familyguidancecenter.com for electronic race/walk registration and
decorated wheels parade details! Awards to Top Male & Top Female AND Top 3 Males & Top 3 Females by age group: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ Make checks payable to:	
Family Guidance Center, 1235 Penn Avenue, Ste 205-206, Wyomissing, PA 19610 Point of contact: Yanelkis Hernandez (610) 374-4963 x *3488 • yhernandez@familyguidancecenter.com	
Family Guidance Center is a 501(c)(3) non-profit organization - donations to which are tax deductible to the fullest extent allowed by law. The official registration and financial information of FGC may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania 1-800-732-0999. Registration does not imply endorsement.	
Completed registration form required for ALL runners and walkers (including children under 12)! No registration required to attend the Community Event.	
Name:	
Male Female Date of Birth:	Age on Race Day:Phone:
Address:	Phone:
I will participate in the: 5k Run Walk	Email:
T-Shirts are \$20 to purchase (runners receive one complimentary shirt with paid registration, while supplies last)	
T-Shirt: Yes No T-Shirt Size (Adult S, M, L, XL):	
WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Family Guidance Center, those in their employ, and all their representatives and successors from any injury or liability I might suffer during this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road, sidewalks, paths; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and/or pictures in legitimate accounts and promotions of this event.	
Signature:(Parent or guardian signature if unde	Date:
(Parent or guardian signature if unde	r 18 years of age)