



# HEALTHY STRIDES 5K & HEALTH FAIR

FIND US ON INSTAGRAM & FACEBOOK  
@USC\_HEALTHY\_STRIDES



JOIN USC SCHOOL OF MEDICINE'S  
HEALTHY STRIDES CLUB & YOUR  
COMMUNITY FOR A FUN MORNING OF  
HEALTHY LIVING!

## THE 5K!

REGISTRATION  
-\$25/PERSON IF YOU  
REGISTER WITH A GROUP  
-\$30/PERSON IF YOU  
REGISTER AS AN INDIVIDUAL

-FEEL FREE TO DRESS UP FOR  
THE RUN (IN GROUPS OR  
INDIVIDUALLY)  
-DOGS ARE WELCOME! 🐾

## THE HEALTH FAIR!



GAMES,  
HEALTH BOOTHS,  
HEALTH SCREENINGS,  
& MORE!

FAMILY, KIDS & ALL  
AGES WELCOME

## WHERE?

HAND MIDDLE SCHOOL  
2600 WHEAT ST, COLUMBIA, SC  
29205

## WHAT DAY?

SATURDAY, MARCH 28TH

## WHAT TIME?

8:00 AM - 5K  
8:45 AM - 12 PM  
HEALTH FAIR



[HTTPS://WWW.STRICTLYRUNNING.COM/GPUILGROUPTIP.ASP?RACEID=3417&GROUP=Y](https://www.strictlyrunning.com/gpuilgrouptip.aspx?raceid=3417&group=y)

OPEN YOUR CAMERA AND PUT THE QR CODE IN VIEW -  
IT'LL POP UP WITH THE WEBSITE TO REGISTER FOR THE 5K!