

LINCOLN COUNTY HEALTH DEPARTMENT PRESENTS:

MARATHON IN A MONTH

APRIL 6TH-MAY 4TH

TAKE THE FIRST STEP TO BE A HEALTHIER YOU!

If you are looking to start a healthy lifestyle, lose a few pounds or get into shape join the event by walking a Marathon in a Month!

GOAL: is to walk 26.2 miles by May 4th 2019 (less than a mile per day)

FREE EVENT KICK OFF:

Saturday, April 6th at 9:00am

Stonebridge Park

Register by March 21st to receive a Free T-Shirt

Registration forms can be picked up at the Lincoln County Health Department or by registering online at the provided link below.

**FOR MORE INFORMATION CONTACT SAMANTHA JENNINGS
SAMANTHA.JENNINGS@TN.GOV OR AT 931-433-3231**

TO REGISTER ONLINE PLEASE CLICK OR GO TO PROVIDED LINK:



<https://goo.gl/forms/NhWGEvcbw4vs9pDx2>

