

5th Annual We Care We Help Marathon In A Month



healthier
tennessee

Looking to create or continue a healthier lifestyle then join in the Marathon In A Month. The goal is to complete 26.2 miles by exercising and having fun!

Great for individuals or teams!

TEAM TROPHY TO BE AWARDED AT FINALE!

Prizes for male/female most miles provided by

STAR Physical Therapy

Attend planned walks and get tickets for a Finale drawing of a **Studio 6** class!

Bonus tickets for miles over 26.2 and for best costumes at themed walks!

Registration forms can be picked up at the Humphreys County Health Department, UT Extension, McEwen City Hall, and Johnsonville State Historic Park.

For more information contact:

931-296-2231 or 931-296-2543

Join in the Marathon In a Month FREE Theme Walks!!!

Thursday, 8/29 6:00pm

80s Themed Kick-Off Party

Waverly United Methodist Church—Waverly

Saturday, 9/7 10:00am

Color Splash

City Park - New Johnsonville

Saturday, 9/14 7:00pm

GLO Walk

Asbury Park - Waverly

Saturday, 9/21 10:00am

Pirates, Princesses & Paws Costume Walk

Byram D. Phy Municipal Park - McEwen

Saturday, 9/28 10:00am

Nature Walk & Finale Event

Johnsonville State Park - New Johnsonville



Take the First Step to a Healthier You in 2019!