



# Preparing For A 5k Walking Class

# MeStrong

**WHERE:** Victoria Commons Lake

**WHEN:** Nov 9,30 Dec 7,21 Jan 11,25 At 8:00 A.M.

**WHY:** Preparing For The  
MeStrong5K On February 1,2020  
Downtown DeLand

**Cause:** We Invite You To Run For Our Resident  
Eleanor As This Race Will Mark ONE YEAR Of  
Having NO EVIDENCE OF DISEASE!

**FREE WALKING CLASS  
PROUDLY SPONSORED BY**

