

# RUN•WALK•STROLL

RAISE AWARENESS OF TEENAGE MENTAL HEALTH



# Speak<sup>↑</sup>Up5k

SAN DIEGO



# 4.14.19

EMBARCADERO MARINA SOUTH  
SUNDAY • 8:30AM

# LET'S SpeakUp!

Join us for the 4th Annual SpeakUp5k San Diego!

This fun, family-friendly race is  
perfect for all ages and abilities.  
Get together with friends, family, and  
coworkers as we "SpeakUp" together.

A portion of the race proceeds will be donated to  
Rady Children's Hospital to support  
its children's mental health initiative.

## **REGISTER TODAY!**

**[SPEAKUP5K.COM/SANDIEGO](https://SPEAKUP5K.COM/SANDIEGO)**



Cameron K. Gallagher Foundation

*Awareness, Education and Help for those battling teenage depression*