

RUN•WALK•STROLL

RAISE AWARENESS OF TEENAGE MENTAL HEALTH



SpeakUp5k

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



Cameron K. Gallagher Foundation

Awareness, Education and Help for those battling teenage depression