Attention students and employees:

ARE YOU A SURVIVOR OF INTERPERSONAL ABUSE?

Experience empowerment and find community through a free couch-to-5K running program



- 10-week program gradually prepares you to finish a 5K at your pace
- Open to all gender identities
- For those directly/indirectly impacted by DV and interpersonal abuse
- Receive new running shoes after Week 3
- 3 nights a week on the Albany and Troy RSC campuses starting week of Sept. 7

STRONG THROUGH EVERY MILE

Register for Employee Info Session:
Friday, Aug. 29 at noon, via Zoom

Register for Student Info Session:
Thursday, Sept. 4, 7 p.m. via Zoom

Can't make it? **Email gishj@sage.edu for more info.**

thrive @ RUSSELL SAGE

DENISE TABER FINARD '80 WOMEN'S INSTITUTE AT RUSSELL SAGE COLLEGE

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OFFICE OF TITLE IX