

One Step at a Time...

Mental Health Matters @ Mayfield Woods MS!

Sponsored by, MWMS, MWMS PTA, TIME Organization, and the Horizon Foundation

Walk, Run, Skip, or Hop with Us for our First Ever Virtual 5k and 10k!



Health & Wellness Matters at Mayfield...

WHAT: MWMS, MWMS PTA, TIME Organization, and the Horizon Foundation have teamed together to bring awareness to Mental Health within our community. By participating in our **FREE** virtual 10K (6.2 miles) or 5K (3.1 miles), you will commit to raising awareness to this global health crisis. All participants will receive a finisher's certificate and the first 125 participants will also receive a finisher's T-Shirt!

WHERE: In your neighborhood

WHEN: Anytime between September 10, 2020 through November 30, 2020

HOW:

1. Lace up your shoes, find a family member and get outside for a healthy socially distanced walk, jog or run (or any way you choose to get around!)
2. Keep track of how long it took you to complete either the 5k (3.1 miles) or 10k (6.2 miles)
3. **After** you've completed your race, log on to the [Virtual Race Page](#), fill out the Race Completion Form and learn how to be an [Emotional Support Human](#)
4. First 125 participants, who complete the race (and fill out the form), will receive a finisher's shirt and **ALL** participants will receive a finisher's certificate
5. HAVE FUN!