



**RUNNINGMEDICINE**

**Spring 2018 Season  
9 weeks of fun and fitness!  
March 10<sup>th</sup> – May 13<sup>th</sup>**

**When/Where:** *Tuesday and Thursday, 5:45-7pm at UNM North Golf Course; Saturdays, 9am location at various beautiful locations.*

*\*There is also a Rio Rancho/Westside group that will meet Mon/Wed evenings, 5:45-7pm at Alameda Open Space.*

**Who:** *Walkers and runners of all ages, speeds, and fitness levels! There will be a USATF youth track and field team as part of this spring season.*

**Cost:** *\$15/person for the season, which includes a shirt and lots more!*

**For more info:** *visit our Facebook page, call (505.340.5658) or send an email to [runningmedicineabq@gmail.com](mailto:runningmedicineabq@gmail.com)*

*Running Medicine is based on the understanding that running and exercise is a beautiful and potent medicine for mind, body, and spirit. Formed as a program of the Native Health Initiative (NHI), our vision is to create a culture of wellness through a supportive, loving community.*