



**w a n k**  
+Run FOR LIFE

**WALK. RUN.  
SAVE LIVES!**

**SATURDAY, JUNE 21  
LAKE NOKOMIS**

REGISTER AT:  
[www.nlfs.org](http://www.nlfs.org)

 **NLFSWalkRun**

# Two Hours. Two Miles. Hundreds of lives saved.

Join hundreds of others and we walk and run for life! This family-friendly event is filled with fun for people of all ages.

Register as a walker or runner and raise pledges to support life. The funds raised directly support New Life Family Services' pregnancy centers in providing FREE pregnancy-related services.

## SCHEDULE OF ACTIVITIES:

- 8:30 Registration
- 9:15 5k Fun Run
- 10:00 Walk Begins
- 11:00 Kids Races & Activities
- Post-Walk: Famous Dave's BBQ

### STAY FOR LUNCH!

**\$5 FAMOUS DAVES BBQ**



Enjoy some of the best BBQ in town for just \$5/plate!

**You must prepay for lunch.**

## GET STARTED!

**1. SIGN UP**  
Register at [www.nlfs.org](http://www.nlfs.org).

**2. COLLECT PLEDGES**  
Begin asking family, friends, and other people to sponsor you with a tax-deductible gift.

**4. WALK OR RUN**  
We have fun activities planned for the whole family!

**Your participation makes a difference!**



Our programs include:



**CHANGING HEARTS. SAVING LIVES. BUILDING FAMILIES. RESTORING HOPE.**

Minneapolis | Richfield | Rochester | St. Paul

[www.nlfs.org](http://www.nlfs.org)

