



w a n k
+Run FOR LIFE

**WALK. RUN.
SAVE LIVES!**

**SATURDAY, JUNE 27
LAKE NOKOMIS**

REGISTER AT:
www.nlfs.org

 NLFSWalkRun

Two Hours. Two Miles. Hundreds of lives saved.

Join hundreds of others as 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:

9:00 Registration

9:30 Kid's Races

9:45 First Light Puppet Show

10:00 Walk & Run

Post-Walk: Famous Dave's BBQ
First Light Puppet Show

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.

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

