



JUNE 10, 2017

# WALK & RUN FOR LIFE

LAKE NOKOMIS

**SATURDAY, JUNE 10 • LAKE NOKOMIS**

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

# Walk. Run. Save Lives.

Your participation makes a difference!

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 Walk & Fun Run

Post-Walk: Chick-fil-A lunch (must prepay)  
First Light Puppet Show



## GET STARTED TODAY!

1. SIGN UP  
Register at [www.nlfs.org](http://www.nlfs.org)  
or (612) 746-5662.

2. ESTABLISH A GOAL  
Set a fundraising goal for yourself. Raising \$100 provides one pregnancy test and ultrasound for a client. It will also earn you a free Walk & Run for Life t-shirt!

3. 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!

#NLFSWalkRun



Our programs include:



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

Minneapolis | Richfield | Rochester | St. Paul

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

