



JOIN US FOR A  
**CANDYLAND THEMED**  
WALK AND RUN!

**LAKE NOKOMIS**  
5001 W LAKE NOKOMIS PKWY  
MINNEAPOLIS, MN 55417

**SATURDAY**  
JUNE 8, 2018  
AT 9:00 A.M.

**REGISTER AT**  
[WWW.NLFS.ORG](http://WWW.NLFS.ORG)





# WALK. RUN. SAVE LIVES.

Join hundreds of walkers and runners as we make a difference for life! This year we are hosting a Superhero Walk and Run. YOU are a hero. Because of your participation and generosity, we are able to serve thousands of women, men, and children in the Twin Cities and Rochester communities each year.

## GET STARTED TODAY!

### 1. SIGN UP

Register individually or as a group online at [www.nlfs.org](http://www.nlfs.org). Groups must consist of 5 or more. After registering, check your confirmation email for a link to your personal online fundraising page. This page will be your biggest tool. Customize your web page and set a fundraising goal.

### 2. RAISE SUPPORT

Share your fundraising page with as many people as possible through email or on social media and watch the donations pour in! Aim to raise \$100 for your free Walk T-Shirt!

### 3. WALK OR RUN!

Bring any collected pledges to the event along with your family and friends. Your participation makes a significant difference!

## FUN ACTIVITIES

KIDS CAN DECORATE  
A MASK AND  
RUN WITH A  
CAPE PROVIDED

ADULT AND KID SUPERHERO COSTUME  
CONTEST PLUS A PHOTO  
OPP WITH YOUR  
FAVORITE SUPERHERO

ENJOY LOCAL  
FOOD TRUCKS  
FOR LUNCH

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

**newlife**  
family services

*and its programs*

**FIRST CARE**  
PREGNANCY CENTER

**Conquerors**

alison lea  
PROVIDER

INTEGRITY  
INVESTMENT

Beithel's Rock

Greater Evangelical Free Church  
of America

EMERSON  
KING  
FELLOWSHIP

H

USA

grace  
PLANT

G. HAM

HANSEN  
CONSTRUCTION

98.5  
KTIS

LEGACY WEALTH

PB

Transform Minnesota

URBAN HALO