

FREE FOR SHAPE UP VICKSBURG CLUB MEMBERS!



**ALL LEVELS OF WALKERS
AND RUNNERS WELCOME!**

Over the River Get Healthy Walk

Location:

Mississippi River Bridge Parking at
Ameristar Casino parking lot.

**You must wear your
Shape Up Vicksburg
T-shirt to
participate!**

October 13, 2012

8:00 am

****Note earlier time!**

Registration at 7:30.

1, 2, 3 and 5 Mile Walk/Run

**Contact Linda Fondren
at
(601) 619-7277**

shapeupvicksburg.com

shapeupmississippi.org

Facebook:

Shape Up Vicksburg



*Check out the Best
River View You'll
Only See on this
Walk!
Don't Miss It!*

Walk is
Cheap,
Life is
Priceless!

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