

Running Medicine with Dr. Anthony Fleg

Friday Presentation

Cultural, mental and spiritual aspects of running will be emphasized.
Light DDP refreshments will follow the presentation.

April 20 from 7:00 - 8:00 p.m.

Whitman Hall Commons (room 136), NMU Campus



Saturday Run/Walk

April 21 at 10:00 a.m.

Whitman Hall Commons, NMU Campus

Both events are free and open to the public!

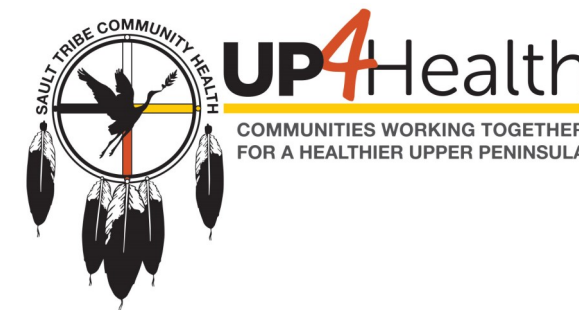
Any interested Sault Tribe member, please bring identification to ensure participation.

For more information call 906-227-1397.



RUNNINGMEDICINE

“Running Medicine is based on the understanding that running and exercise is a beautiful and potent medicine for mind, body, and spirit. Formed as a program of the Native Health Initiative (NHI), our vision is to create a culture of wellness through a supportive, loving community.” (runningmedicine.org)



NORTHERN MICHIGAN
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