



RUNNINGMEDICINE

**Join us for our Spring 2017 Season
9 weeks of fun and fitness!
March 11th – May 7th**

When/Where: Tuesday and Thursday, 6-7:30pm at UNM North Golf Course; Saturdays, 9am at Bosque School

Who: All ages welcome. We ask that parents commit to exercising with their children and look to create an inter-generational feel to all of our practices

Cost: \$15/person for the season, which includes a shirt and lots more!

For more info: visit our Facebook page, call(505.340.5658) or send an email to runningmedicineabq@gmail.com

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.