



RUNNINGMEDICINE

**Join us for our Summer 2017 Season
8 weeks of fun and fitness!
May 30th – July 22nd**

When/Where: Tuesdays 6pm at Roosevelt Park, Thursdays 6pm at Netherwood Park, Saturdays 8am at Bosque School

Who: All ages and fitness levels welcome. We have walkers and runners of all ages and speeds!

Cost: FREE

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.