

# Free! Spring Break Out



Wellness Festival

## Friday, April 10 5:00pm

Break Out into new, fun and healthy habits with your family!

**Wellness Vendors ✨ Healthcare Professionals ✨ Fitness Demos ✨  
Activities ✨ Inflatables ✨ Hayride ✨ Food Trucks ✨ Movie on the Lawn**

gwinnettcountry parks & recreation  
Date: 3/10/15 Initials: NW  
APPROVED FOR DISTRIBUTION  
BY  
"EXECUTIVE DIRECTOR"



### 1. 2. 3k GLOW & SHOW!

It's **glow** time! Join us for a glow in the dark 3K Fun Walk/Run at 8:00pm with a FREE movie to follow.

**Walk/Run fee is \$10/person**

Includes 1 Glow T-shirt, 2 Glow Bands, and 3K's of fun!  
Pre-registration at [www.runsignup.com](http://www.runsignup.com) recommended to guarantee T-shirt.

Proceeds benefit the **Gwinnett Parks Foundation**  
Health & Wellness Scholarship Fund.



Thank you to our Sponsors:



**Rhodes Jordan Park**  
100 East Crogan Street, Lawrenceville  
770.822.8869  
[www.gwinnettparks.com](http://www.gwinnettparks.com)