

Information are as follows:

-5k Walk/Run Information:

- \*Set-up: 6:00am-7:00am
  - \*Registration Starts at: 7:00am-8:00am
  - \*Stretch & Warm-up: 8:00am
  - \*5kWalk/Run Begins at 8:15am
- Register in advance for 5k Walk/Run/ T-shirt <https://springintohealthfair-5k.eventbrite.com>

-Health Fair Information:

- \*Starts at 9:00am
- \*Free screenings, Entertainment, free cooked food and bags of groceries distributed, music, bounce house, games and prizes for the kids and more.

Visit our website for more information or to volunteer at:

[www.healthempowermentnetwork.org](http://www.healthempowermentnetwork.org)

THE CITY OF NORTH MIAMI COLLABORATES WITH  
THE COMMUNITY HEALTH AND EMPOWERMENT NETWORK, INC TO HOST

**THE 2ND ANNUAL  
SPRING INTO HEALTH  
COMMUNITY HEALTH FAIR & 5K RUN**

**SATURDAY, APRIL 14, 2018 // 7:00AM- 2:00PM**  
**CAGNI PARK, 13498 NE 8TH AVE, NORTH MIAMI, FL 33161**  
**FIGHTING CHILDHOOD OBESITY. PROMOTING GOOD HEALTH.**

**5K RUN/WALK/BIKE- 6:00AM REGISTRATION/ 7:00AM RUN.**  
**HEALTH FAIR- 9:00AM- 2:00PM: FREE HEALTH SCREENINGS- GLUCOSE, BLOOD PRESSURE, BMI, HIV/STD, FREE MAMMOGRAM SCREENINGS AND MORE. FREE BAGS OF GROCERIES (WHILE SUPPLIES LAST) KIDS CORNER: BOUNCE HOUSE, OBSTACLE COURSE AND PRIZES. FREE FOOD/BARBEQUE, ZUMBA, MUSIC/DJ, PERFORMANCES AND SPECIAL APPEARANCES!**

**COUNCILMAN  
PHILIPPE MEN-AME**

**COUNCILWOMAN  
CAROL KEYS**

FOR MORE INFORMATION, VENDOR AND SPONSORSHIP CONTACT MICHAELLE TITUS AT: 706-292-1034  
INFO@HEALTHEMPOWERMENTNETWORK.ORG // WWW.HEALTHEMPOWERMENTNETWORK.ORG  
OR OFFICE OF THE MAYOR AND COUNCIL AT // 305-095-9815

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NORTH MIAMI  
ENTER YOUR SERVICE

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FREE RECYCLING SERVICES