

# JUST MOVE

## McGregor Wild Rice Days

5K or 1 Mile Run/Walk

Saturday, August 30

7:30 AM Registration 8:00 AM Start

at McGregor Dairy Queen

It's Family Friendly and Fun!

Walk It or Run It .... **JUST MOVE** !

No cost. No pre-registration.

Door Prizes & Healthy Snacks

(\$10 T-Shirts and \$15 Tank Tops sold at the event.)



Together, we will  
win with wellness!



For more information, please call 218-927-5167