



Monday
April 7th
12:00pm

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City-County Building
Room 426 • Helena, MT

Training for a **5K**

Clocks aren't the only things springing forward!

Fling yourself into spring and train to walk or run a 5K with ease, when you take home the elements for beginning and progressing a 5K program with safety and enjoyment.

How to register:

To register, please contact Morgan Maynard-Dixon at mmaynard-dixon@helenamt.gov or call 406-447-8333.

Care Here!



Exercise

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