



# Join the Local 103 Wellness Program in our 1<sup>st</sup> Couch to 5k program

Are you looking to improve your overall health and wellness?

## We want to help you

- Become motivated
- Be educated
- Become empowered to take control of your health

## Have you been told you have?

- Diabetes or are Pre-Diabetic
- Elevated blood pressure
- Elevated Cholesterol

**Don't wait any longer.... We are here to help...Come Join us!**

**All fitness levels welcome!**

**Join the Wellness Program & begin improving your health & well-being.**

**Kick-off event July 13<sup>th</sup> from 4:30-6:00pm**

***We will have information about the program, will begin walking/running and will have a registered dietician available to help you with food label reading.***

Training runs will take place at 256 Freeport Street, Dorchester (Local 103) on Thursdays beginning 7/13 thru 9/14 at 4:30pm & 5:30pm. Additional wellness related information will be provided from 5:00pm-5:30pm, topics vary each week. For questions about this event please email [Kgambino@trustfunds103.com](mailto:Kgambino@trustfunds103.com). We are targeting to run in the "[Get Your Rear in Gear](#)". More information on "[Get Your Rear in Gear](#)" can be found [here](#).