



Get Your Rear in Gear supporting the Colon Cancer Coalition

**Join the Local 103 Wellness Program for our
2nd Annual Couch to 5k Training
Thursdays 8/2 – 9/13**

Are you interested in improving your overall health and furthering your knowledge about health and wellness? If so, lace up your sneakers and join us. Stress-free training sessions will take place at 256 Freeport Street, Dorchester (Local 103) on Thursdays 8/2 thru 9/13 at 5:00 pm. During these sessions we will walk/run, stretch and become educated about our own health. Additional wellness information will be provided at these training sessions.

These Thursday training sessions will help prepare you for our 2nd Annual Couch to 5k Event. The Colon Cancer Coalition's "Get Your Rear in Gear" 5k will take place at the DCR Mother's Rest at Carson Beach, South Boston on Saturday morning, September 15, 2018.

Call the Trust Funds Office today at 617-288-5999 to sign up for the Thursday training sessions.

All are welcome to attend the Thursday training sessions even if you do not wish to walk/run the Couch to 5k Event.

If you have any questions regarding this program, please email Kgambino@trustfunds103.com or call the Trust Funds Office.

Wellness topics to be discussed each week:

- 8/2: Proper Footwear/Gait Analysis
- 8/9: Proper Hydration
- 8/16: High Blood Pressure Prevention
- 8/23: Smoothie Demonstration & Healthy Eating
- 8/30: Diabetes/Pre-Diabetes
- 9/6: Proper Stretching
- 9/13: Importance of Sleep