



FAAWC WELLNESS CHALLENGE & VIRTUAL 5K

Challenge ends Sunday, March 8th!

Join the FAAWC staff in our 2020 Wellness Challenge and you could win a Smart TV and popcorn air-popper! We challenge you to **walk or run a 5K** (3.1 consecutive miles) anytime, anywhere between 2/24 and 3/6.

Then, **send us a photo of your results**. It can be a screenshot of an app on your phone, a selfie of your sweaty face in front of the treadmill, or a picture of you holding up your step counter. Just make sure the photo shows us your distance and time.

Post your picture In our Facebook event

(<https://www.facebook.com/events/2559294567619173/>) or email it to Jody@FAAWC.com to get your entry into our grand prize drawing!

**GO THE DISTANCE AND
YOU COULD WIN!**