



PROCEEDS GO TO BENEFIT
ALZHEIMER'S PROGRAMS AND
RESEARCH AT FIT FOR LIFE

MIND OVER MATTER 5K RUN WALK

Want to be a
sponsor, contact us:
(631) 317.3229
fitfor-life.org



Scan QR Code for more information and to
register!

Early Registration by April 24th \$30.00
Late Registration or day of \$35.00

Race starts 9:00 am

MAY 3RD, 2026



AT FIT FOR LIFE 4580 SUNRISE HWY OAKDALE