



Fit For Life
All Ages All Abilities



MIND OVER MATTER 5K RUN WALK



Contact us (631) 317.3229
fitfor-life.org



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



MAY 4TH, 2025



Scan QR Code for more information
and to register!

Scan to Register!

Early Registration by April 26th \$25.00
Late Registration or day of \$30.00

Race starts 9:00 am



Want to be a
sponsor contact us



Sidecart
Event Bartending



AT FIT FOR LIFE 4580 SUNRISE HWY OAKDALE