



RUNNINGMEDICINE

MARCH 20TH - MAY 15TH

# RM SPRING 2021 SEASON



Native Health Initiative  
www.loving-service.us

## WHEN/WHERE:

Every Tues. and Thurs. at  
5:30pm and Saturdays at 8am  
via RM Facebook Live!

## YOUTH TRACK & FIELD:

Stay tuned for information in regards to  
competing as a USATF club this spring.

## WHO:

Walkers and runners of all ages,  
speeds, and fitness levels.

## COST:

FREE

**Running Medicine empowers families and communities to greater mind, body, and spirit wellness through movement.**

*Please Register [here](#).*

*For more information email: [runningmedicineabq@gmail.com](mailto:runningmedicineabq@gmail.com)*