



Native Health Initiative
www.loving-service.us



RUNNINGMEDICINE

RUNNING MEDICINE SUMMER SEASON 2021



MAY 29TH – JULY 8TH

**RUNNING MEDICINE EMPOWERS
FAMILIES AND COMMUNITIES TO
GREATER MIND, BODY, AND SPIRIT
WELLNESS THROUGH MOVEMENT.**

TO REGISTER VISIT:
[RUNNINGMEDICINE.ORG](https://www.runningmedicine.org)

FOR MORE INFORMATION VISIT
[RUNNINGMEDICINE.ORG](https://www.runningmedicine.org) OR EMAIL
[RUNNINGMEDICINEABQ@GMAIL.COM](mailto:runningmedicineabq@gmail.com)

WHEN/WHERE:

Every Tues. and Thurs. at
6:00pm and Saturdays at
8am at various locations.

WHO:

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

COST:

FREE