

FREE 1 Mile or 5K Walk



America on the Move
Come Walk with Us!

America on the Move is a nationwide initiative designed to motivate people into making small changes to their physical activity and lifestyle behaviors

Join the community for a FREE 1 Mile or 5K Walk!
No registration necessary, bring your family, friends, and just show up!

1 Mile Walk

When: Friday, Sept 12 @ 6:30pm

Where: Kellogg Community College

5K Walk

When: Saturday, Sept 13 @ 11:00am

Where: Bailey Park

Why: To encourage families and individuals of all ages to take small steps towards a healthier lifestyle

All walkers will receive an Activate America Quick Start Guide

Free give-aways, snacks and water will be provided

This walk will be in conjunction with the 22nd Annual Cereal City Corporate Cup

For more information call the Battle Creek Family YMCA (269) 963-9622 Ext 120 or 130