



JUST MOVE IT FUN RUN & WALK

**REGISTRATION
4:00 PM TO 6:15 PM
AT ALL SITES**

WARM UP 6:20 PM

**WALK-RUN STARTS 6:30 PM
AT ALL SITES.**

* IN PARTNERSHIP WITH GALLUP INDIAN MEDICAL CENTER - HEALTH PROMOTION DEPARTMENT



T'ÁÁ HWÓ' AJÍ T'ÉEGO

MONDAY MAY 20TH ORANGE DAY	GREASEWOOD CHAPTER HOUSE UNINTENTIONAL INJURY AWARENESS RUN
WEDNESDAY MAY 22ND PURPLE DAY	CORNFIELDS CHAPTER HOUSE CANCER AWARENESS RUN
WEDNESDAY MAY 29TH RED DAY	STEAMBOAT CHAPTER HOUSE HEART DISEASE AWARENESS RUN
MONDAY JUNE 3RD RED DAY	KLAGETOH CHAPTER HOUSE DIABETES AWARENESS RUN
WEDNESDAY JUNE 5TH GREEN DAY	GANADO CHAPTER HOUSE CHRONIC LIVER DISEASE/CIRRHOSIS AWARENESS RUN
MONDAY JUNE 10TH BLUE DAY	WIDE RUINS COMMUNITY SCHOOL PARKING LOT INFLUENZA/PNEUMONIA AWARENESS RUN
WEDNESDAY JUNE 12TH GREEN DAY	KINLICHEE CHAPTER HOUSE DEMENTIA AWARENESS RUN
FRIDAY JUNE 14TH BLACK DAY	*LUPTON CHAPTER HOUSE SEPTICEMIA AWARENESS RUN
MONDAY JUNE 17TH BLACK DAY	NAVAMILL LOGGING COMPANY, SAWMILL, ARIZONA MEN'S HEALTH AWARENESS RUN
WEDNESDAY JUNE 19TH YELLOW DAY	CRYSTAL CHAPTER HOUSE SUICIDE AWARENESS RUN
MONDAY JUNE 24TH WHITE DAY	RED LAKE CHAPTER HOUSE ASSAULT AWARENESS RUN
WEDNESDAY JUNE 26TH RED DAY	STRONGHOLD SCOUTS EVENTS CENTER-PARKING LOT ALCOHOL DEPENDENCE AWARENESS RUN
MONDAY JULY 1ST WHITE DAY	PINE SPRINGS CHAPTER HOUSE RESPIRATORY DISEASE AWARENESS RUN
MONDAY JULY 8TH RED DAY	SANDERS HIGH SCHOOL STROKE AWARENESS RUN
WEDNESDAY JULY 10TH ORANGE DAY	OAK SPRINGS CHAPTER HOUSE RENAL FAILURE AWARENESS RUN
THURSDAY JULY 11TH RED/WHITE/BLUE	*HOUCK CHAPTER HOUSE HONORING VETERANS RUN



PLEASE BRING WATER, SUNSCREEN, WEAR APPROPRIATE CLOTHING AND SHOES.
 NO PET POLICY WILL BE APPLIED AT ALL SITES.
 EAT A HEALTHY SNACK BEFORE PARTICIPATING.
 IF YOU HAVE DIABETES, PLEASE CHECK YOUR BLOOD SUGAR BEFORE PARTICIPATING.

FOR MORE INFORMATION CALL: DANELLE 928.729.8874

"FDIHB IS NOT RESPONSIBLE FOR ANY THEFT, DAMAGES, OR ACCIDENTS AS A RESULT OF THESE EVENTS"

"To provide superior and compassionate healthcare to our community by raising the level of health, Hózhó, and quality of life"