

**Gallup Indian Medical Center - Gallup Service Unit**  
**~ 2019 Just Move It Series~**  
**Family Fun Runs & Walks**

<b>DATE</b>	<b>LOCATION</b>	<b>Registration</b>	<b>Start Time</b>
<b>May 20, 2019</b>	<b>Breadsprings Day School</b>	<b>4:30 pm</b>	<b>6:00 pm</b>
<b>May 23, 2019</b>	<b>Twin Lakes Chapter</b>	<b>4:30 pm</b>	<b>6:00 pm</b>
<b>May 30, 2019</b>	<b>Iyanbito Chapter</b>	<b>4:30 pm</b>	<b>6:00 pm</b>
<b>June 5, 2019</b>	<b>Pinedale Chapter</b>	<b>4:30 pm</b>	<b>6:00 pm</b>
<b>June 8, 2019</b> (Saturday)	<b>Chichiltah Chapter (10K)</b>	<b>7:00 am</b>	<b>8:00 am</b>
<b>June 12, 2019</b>	<b>Coyote Canyon Rehab Center</b>	<b>4:30 pm</b>	<b>6:00 pm</b>
<b>June 14, 2019</b>	<b>Lupton Chapter</b>	<b>4:00 pm</b>	<b>6:30 pm</b>
<b>June 17, 2019</b>	<b>Naschitti Chapter</b>	<b>4:30 pm</b>	<b>6:00 pm</b>
<b>June 20, 2019</b>	<b>Manuelito Chapter</b>	<b>4:30 pm</b>	<b>6:00 pm</b>
<b>June 25, 2019</b>	<b>Mexican Springs Chapter</b>	<b>4:30 pm</b>	<b>6:00 pm</b>
<b>July 2, 2019</b>	<b>Tsayatoh Chapter</b>	<b>4:30 pm</b>	<b>6:00 pm</b>
<b>July 9, 2019</b>	<b>Breadsprings Chapter</b>	<b>4:30 pm</b>	<b>6:00 pm</b>
<b>July 11, 2019</b>	<b>Houck Chapter</b>	<b>4:00 pm</b>	<b>6:30 pm</b>
<b>July 24, 2019</b>	<b>Red Rock Park – Finale</b> <b>(825 Outlaw Road Churchrock, NM)</b>	<b>4:30 pm</b>	<b>6:00 pm</b>

Gallup Indian Medical Center - GSU  
 Health Promotion Department  
 Contact: Colleen, JMI Coordinator @  
 505-722-1593 (colleen.hoskie@ihs.gov)

**Health Fairs**  
*Health Booth Vendors are*  
Welcome at all events

- \*Please eat a healthy snack before JMI
- \*Wear sunscreen & a hat, and bring water
- \*Dress comfortably
- \*Good walking/running shoes
- \*Be mindful of the weather conditions