

# Shiprock



# 27th Annual

## Family Fun Run & Walk Series

It is up to each of us to shape healthier lives and communities. For 27 years, our communities have taken action about health by *Just Moving It!* The Just Move It fun runs and walks are held in 20 communities during the summer. The free events are non-competitive and open to people of all ages, and includes a two-mile and four-mile course. In 2018, Shiprock JMI had 8,612 participants and the overall Navajo Nation JMI had 48,550 participants. Being physically active everyday can help you stay healthy and prevent diabetes and heart disease.

	Date	Chapter/Location	Theme	Registration	Start
EAST	05/06	Tse'Daa'Kaan Chapter	Growing in Beauty	530 PM	645 PM
	05/14	San Juan Chapter	Patriotic	6 PM	645 PM
	05/22	Nenahnezad Chapter	Veterans	6 PM	645 PM
	05/29	Upper Fruitland Chapter	Avengers	6 PM	645 PM
	06/04	Huerfano Chapter	Hózhó liná	6 PM	645 PM
	06/06	Nageezi Chapter	Zombie Color Run	6 PM	645 PM
SOUTH	06/10	T'iis Tsoh Sikaad Chapter	Believe in Yourself	6 PM	645 PM
	06/13	Tooh Haltsooi Visitor Center	Diabetes Prevention	530 PM	645 PM
	06/17	Newcomb Chapter	Celebrate Skyhawk Pride - wear Green & Gold	6 PM	645 PM
	06/20	Toadlena/Two Grey Hills Chapter	Healthy Heart	6 PM	645 PM
	06/24	Tsé Alnáozt'i'í Chapter	Annie Dodge Wauneka	6 PM	645 PM
	06/27	Red Valley Chapter	Pajama/Crazy Hair	6 PM	645 PM
	07/02	Cove Chapter	Celebrating Independence Day	6 PM	645 PM
WEST	07/08	TeecNosPos Chapter	Veterans/Military	6 PM	645 PM
	07/11	Tolikan Chapter	Super Hero Color Run	6 PM	645 PM
	07/15	Mexican Water Chapter	Support your youth and leadership	6 PM	645 PM
	07/18	Red Mesa Chapter	Wear your favorite JMI Shirt	6 PM	645 PM
NORTH	07/22	Beclabito Chapter	Let the Force be with You	6 PM	645 PM
	07/25	To'koi	Heroes and Villians	6 PM	645 PM
	07/30	Shiprock Finale - Shiprock High School	Bigfoot	530 PM	645 PM

Cup Free Event  
Please Bring a refillable water bottle to help reduce trash

For More Information call:

Northern Navajo Medical Center  
HPDP  
505-368-6300

Four Corners Regional Health Center HPDP  
928-656-5380