

2013 Bellinrun 10k JUNE 8

Everyday Nutrition

The importance of your daily diet and how it can improve your everyday life performances

Presenter: Nate Vandervest & Amber Bomber,
Bellin Health

Date: Wednesday, April 17th

Location: Hemlock Elementary School

Time: 3:50 pm – 4:20 pm

Why participate in the Bellin Run Corporate Challenge?

- Overall wellness and fitness improvements (among numerous other health benefits!)
- Training Schedule provided
- Spaghetti dinner discount
- VIP delivery: Delivery of team member race packets to the corporate location
- Training is on your own at home or you can train with the Kids for Running Program at Hemlock Creek after school on Monday, Tuesday, and Thursdays.
- Registration is online at www.bellinrun.com
 - *Team Name:* School District of West De Pere
 - *Team Password:* 806; *Promo Code (FOR EMPLOYEE USE ONLY):* Bellinpc10
 - **\$10 registration fee by May 1st (originally \$20 - WDP wellness program is covering \$10 of total cost to all employees who participate). After May 1st, registration fee goes up to \$25**
 - Family and friends can also sign up through the WDP team, but must pay the full cost

For more information contact:
Nurse Sara or your Wellness Coordinator