



Laps for Health Run and Walk

The **Bermuda National Athletics Association** invites you to come out and join the fight against **Obesity and Diabetes**

We Challenge you to walk or run a 'Lap for Health'

With a **\$2.00 donation per lap** you will contribute to funding the **2018 Carifta Team** along with increasing health awareness around the island.

Join Us! Be Active, work towards your fitness goals and complete as many laps as you can. Each lap you complete supports the youth athletes of Bermuda.

Date: Sunday March 18th, 2018

Time: 12pm noon - 6pm

Location: The Bermuda National Sports Center

Carifta athletes and officials will be at the stadium counting laps & providing assistance if you need help completing your laps.

National Sports Center does not allow pets on the premises.

Please bring reusable water bottles, water will be available.



www.athleticsbda.com