



The Department of Medicine is once again participating in the **Kaiser Permanente Corporate Run/Walk & Fitness Program** on **Thursday, September 22nd at 6:30 pm!** Your **team co-captains** are **Dr. Rachel Harris, Dr. Cinnamon Bradley, and Shaun Jacobs.**

Don't hesitate! Sign up and participate in this exciting, one-of-a kind event full of **fun, fitness** and **camaraderie**. Your team captains are available to answer questions about the run/walk and give you everything you need to be a part of our team. We encourage all of our **faculty, residents, and staff** to join in as we participate as a team in the 2016 KP Corporate Run/Walk.

Important Dates:

Now through September 22: Get Active Atlanta 8-Week Training Program FREE

The program includes training schedules for beginning and experienced runners and walkers (including a fat-burning option for each), discount coupons for healthy lifestyle items/services, weekly fitness tips.

- **September 14** Wednesday walks/runs (with pace groups) **FREE**
 - Phidippides-Sandy Springs, 6:15 p.m. – All levels welcome!
- **September 15** Thursday walks/runs (with pace groups) **FREE**
 - Phidippides-Ansley Mall, 6:30 p.m. – All levels welcome!
- **September 17** Saturday morning training program (with pace groups) **FREE**
 - Phidippides-Ansley Mall, 8:00 a.m. – All levels welcome!
- **September 19** Registration deadline, 12 p.m. (noon) EST
- **September 22** **Kaiser Permanente Corporate 5K Run/Walk & Office Party**
 - **6:30 p.m., Downtown, Adjacent to Turner Field**

*** Visit the event site today at www.kpcorporaterunwalk.com and go to the registration page to sign up to be a part of our team. Be sure to choose **Morehouse School of Medicine**. Don't miss the fun! ***

What's In It For You?

Once you register, you will have access to the **FREE** 8-week training program that includes training schedules for beginning and experienced walkers (including a fat-burning option for each), Saturday morning training program for beginning and experienced runners/walkers,

boot camp, ongoing runs/walks for all levels at Phidippides, LA Fitness 3-week personal trial membership, discount offers for healthy lifestyle items/services and weekly fitness tips.

On September 22, the culminating event will be an evening of fun, fitness, a free run/walk T-shirt, free Expo, awards, music by the Rupert's Orchestra, free team & candid photos and more at the World's Largest Office Party!

To register offline, contact RaShaundra (Shaun) Jacobs at rjacobs@msm.edu or 404-752-1884

See you there!!!