

I ACCEPT THE MISSION

MISSION:5K



Fast or Slow, Just Get Up and Go!

We're on a mission - Mission 5K, that is. No matter your fitness level, we will get you across the finish line of an upcoming 5K race. Motivation, support and lots of high fives - it's all in this training program that'll get you on your feet first walking, then running, in no time. See how getting fit is as easy as putting one foot in front of the other!



Register for Mission 5K for just \$33 and get all this good stuff:

- Nine-week guided walk/run training sessions
- Access to fitness professionals
- Mission 5K t-shirt, water bottle, swag bag and custom finisher's medal
- Entry into the Run for the Trees 5K on April 27, 2019
- Multiple training days and locations (see reverse)



REGISTER NOW!

Registration opens February 4 and closes March 1.

STAY CONNECTED

Text AHMISSION5K to 412412*

**Text and data message rates may apply.*

creation®
HEALTH

Visit CREATIONHealthEmployees.com.

MISSION:5K

#MissionAccepted



Save the Date | February 13 | 5 to 7 pm

Mission 5K: Kick-Off Event AdventHealth Orlando | Marketplace Outfitters

Mingle with your CREATION Health team, race vendors, and running buddies. This is an event you won't want to miss! When you register for Mission5K on this day, receive 30% savings on race and training gear- including athletic shoes and athletic apparel items. Receive 10% off all wearables. The first 10 employees to during this event will receive a free pair of CREATION Health Bluetooth wireless headphones!

Register for your scheduled training sessions:

- Mondays
Blue Jacket Park, Orlando
2501 General Reese Avenue
Orlando, FL 32802
Meeting Location: In front of the fountain
- Tuesdays
Cranes Roost Park, Altamonte Springs
274 Cranes Roost Blvd
Altamonte Springs, FL 32701 Meeting Location: Amphitheater
- Tuesdays
Lake Toho, Kissimmee
201 Lakeview Drive
Kissimmee, FL 34741
Meeting Location: Under the Pavilion
- Thursdays
Downtown Winter Garden
310 North Dillard Street
Winter Garden, FL 34787
Meeting Location: Outside the Jessie Brock Community Center

Rain Policy - All training sessions are at 5 pm, rain or shine. CREATION Health Consultants are present for every session. Sessions are only cancelled if lightning or flooding are present in the area. To have these updates sent to your cell phone, please opt-in by texting **AHMISSION5K** to 412412. Text and data rates may apply.

Refund Policy - The training fee is non-refundable.

Restrictions - For safety reasons, pets and roller skates are prohibited from the training sessions.



REGISTER NOW!

Sign up and find a training location that works for you by visiting CREATIONHealthEmployees.com and clicking on Programs.