

Chesapeake Public Schools Educational Foundation and Employee Wellness Program proudly present the

3rd Annual WE Move 5K

Saturday, December 7, 2019 ♦ Grassfield High School

5K ♦ 1-Mile *(Run or Walk)*

5K 10:00 a.m. 1-Mile 11:15 a.m.

Registration Required

Fee includes medal, numbered bib, t-shirt, and timing chip.

Same Cost for 5K and 1-Mile.

\$10 for CPS Employees and **\$15** for Family Members.



Register Now! Rates increase on November 1, 2019

Health & Financial Wellness Fair

Indoor Fair 9 a.m. - 12 p.m.

Registration Not Required to attend fair.

No Cost to attend fair. Join us anytime between **9 a.m. and 12 p.m.**

to enjoy family-friendly games and activities, visit with a variety of health and financial vendors, attend brief information sessions, participate in a health screening, enjoy lots of free giveaways, and enter a drawing for a chance to win one of many amazing door prizes!

Useful Links

Online Registration

wemove5k.enmotive.com

Event Details

cpschools.com/wellness/wemove2019

Event Organizers

Andrea Vail

Chesapeake Public Schools
Educational Foundation Administrator

Leslie Darden

Chesapeake Public Schools
Employee Wellness Coordinator

Questions?

Email cpsheartbeats@cpschools.com