



MID COAST HOSPITAL'S *6th Annual*
Family Fitness Day

Saturday, November 18, 2006

Rain or shine, great fun is afoot under the big top in the south parking lot at Mid Coast Hospital! There'll be a **One-Mile Fun Run** and **Family Fun Activities** featuring face painting, snack making, and displays of emergency vehicles.



Family Activities

9 a.m. – 11 a.m.

Nature Trail Healthy Walk

9:30 a.m.

One-Mile Fun Run

10 a.m.

Family Fun Activities are concurrent with our annual *Great Confluence* races.

5k and 10k *Great Confluence Race*

7:15 a.m Check-In

Contact Donna Clukey at 373-6745 for entry materials, or visit www.midcoasthealth.com/race for downloadable forms, course maps, or to register.

Earn a Special Commemorative Patch!

- **Certify you have participated in a physical activity twice-a-week for a month in advance of Fun Day** (this can be PhysEd plus an organized activity like soccer or a personal aerobic activity you have tracked).

- **Complete the One-Mile Fun Run**

...and the patch is YOURS!



For a lifetime of caring



MID COAST HOSPITAL

123 Medical Center Drive, Brunswick, Maine 04011

www.midcoasthealth.com/race

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