Walk or Run to Better Health...

Join us for the 4th Annual

Arrowhead Regional Medical Center

Community 5K Walk/Run

plus, Health & Fitness Expo

Starting in January 2010, pre-register on line @ www.arrowheadmedcenter.org

Saturday, March 13, 2010 at ARMC

FREE

Registration begins at 7 a.m., Warm-ups at 8 a.m. and Walk/Run at approximately 8:30 a.m.

The Heart Of A Healthy Community

ARROWHEAD REGIONAL MEDICAL CENTER

909-580-1000 400 NORTH PEPPER AVENUE ▾ COLTON ▾ CALIFORNIA ▾ 92324

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