



Concordia
FOUNDATION



EMPOWER RUN

SEPTEMBER 18, 2011

10km Run

3km Fun Walk/Run

9:00 am

KILDONAN PARK

(Main Street)

Information and registration online at

www.athleticsmanitoba.com

or

www.concordiafoundation.ca

at 204-661-7156

*Each step counts towards a better
health for all of us!*

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