



*Socially Motivated*  
**WELLNESS**

# 5K/10K TRAINING PROGRAM



**AUG 3**  
-TO-  
**OCT 12**

**Waterford Oaks County Park**  
**5:30 pm | Every Wednesday**  
at Paradise Peninsula

**\$50 per person**  
(family members welcome)



#### Included in program:

- 11 weeks of program instruction with trained group leaders
- Scheduled Speakers
- Training Calendar
- Weekly emails
- Entry into 2 local 5k or 10k races
- Training shirt for participants
- Socially Motivated Wellness Facebook group
- Discount at Hansons Running Shops
- \$25.00 gift card to Hansons Running Shop

Sue Barnes, owner of Socially Motivated Wellness (SOMO), has over 20 years of running experience with races from 5k (3.1 miles) to 50K (31 miles). She is passionate about running and very active in the running community. Over 800 people in SE Michigan have trained with her SOMO program since beginning in 2016. To learn more about her programs, visit: [sociallymotivatedwellness.com](https://sociallymotivatedwellness.com)

To register visit: [oakgov.com/wellness](https://oakgov.com/wellness)