

**LACE UP YOUR SNEAKERS AND GET MOVING TO EARN EXERCISE POINTS!**



**Bardstown**

**Relay for Life**

*American Cancer Society's annual 24-hour walk-a-thon fundraiser*

May 2-3, Nelson Co. High School

Sign-Up/Donate: Pat Russman, 502.350.5105

**Run for the Health of It**

*5K run/walk through Bardstown that benefits the Nelson County Community Clinic, a free clinic supported by Flaget Memorial Hospital*

June 20

Sign-Up/Donate: Ben Wiederholt, 502.350.5046

**Berea**

**Get Healthy Berea**

*Cycling, 5-mile trail run, health screenings, vendors/exhibits*

In June, Saint Joseph - Berea

Watch for more details.

Sign-Up/Info: Greg Gerard, 859.986.6366

**Relay For Life**

*American Cancer Society's annual 12-hour walk-a-thon fundraiser*

June 19, 6 p.m.-June 20, 6 a.m., Church on the Rock

Sign-Up/Donate: Lisa Van Winkle, 859.986.6557

**Lexington**

**Heart Walk**

*American Heart Association's heart-healthy fundraiser*

April 25, Commonwealth Stadium

Sign-Up/Donate: Julie Coffey, 859.313.4561

**March for Babies**

*March of Dimes' fundraiser for community programs that help moms have healthy, full-term pregnancies.*

April 25, Coldstream Park, 10 a.m.

Sign-Up/Donate: Kelly Johnson, 859.967.5705

**Walk to Fight Diabetes**

*American Diabetes Association's family event that takes a stand against diabetes; Saint Joseph Health System is a presenting sponsor.*

May 30, Keeneland Race Track, 8:30 a.m.

Sign-Up/Donate: Diabetes & Nutrition Center, 859.313.2958

**Relay for Life**

*American Cancer Society's annual 24-hour walk-a-thon fundraiser*

June 26, 5 p.m.-June 27, 5 p.m., Lexington Christian Academy

Sign-Up/Donate: Georgia Bowman, 859.313.4406

**London****Relay For Life**

*American Cancer Society's annual 12-hour walk-a-thon fundraiser*

June 19, 7 p.m.-June 20, 7 a.m., London Optimist Club Sports Center

Sign-Up/Donate: Candice Fox, 606.877.6133

**Martin****Relay for Life**

*American Cancer Society's annual 12-hour walk-a-thon fundraiser*

May 29, 7 p.m.-May 30, 7 a.m., Archer Park, Prestonsburg

Sign-Up/Donate: Mary Martin, 606.285.6590

**Mount Sterling****Relay For Life**

*American Cancer Society's annual 12-hour walk-a-thon fundraiser*

June 26, 7 p.m.-June 27, 7 a.m., Easy Walker Park

Sign-Up/Donate: Lynn Lockridge, 859.497.7749.