

FOR IMMEDIATE RELEASE:

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“ONE FOOT FORWARD FOR CANCER” VIRTUAL 5K

Wellness Place is hosting their “One Foot Forward for Cancer” Virtual 5k run/walk on Saturday, May 9, 2020.

Executive Director, Julie Lindholm says “In these uncertain times, it is impossible for us to gather for an “official” 5k. But that won’t stop us from hitting the streets, sidewalks or treadmills in support of our most vulnerable neighbors... our cancer patients in NCW! These patients are isolated for the long run, as it will still be exceedingly risky for them to be out and about even AFTER we receive the call that our “stay at home” order is lifted. And they will need our support.”

For a \$25 per person donation, you can run, walk OR stroll at your own pace at the location of your choosing, from your home treadmill or outside, but remember to follow the 6 ft social distancing order. Complete your personal 5k (3.1 miles) on Saturday, May 9th anytime you choose.

Each participant will be emailed their own printable 5k bib, which will also give the opportunity to add the name of a friend or loved one who has fought cancer they would like to honor. Participants will also be emailed instructions on how to post their photos/videos on social media, so Wellness Place can share the fun, and the first 200 registered participants will receive an award.

When we all join together to support our vulnerable neighbors, we ALL win the race! So join us and take one foot forward for our NCW Cancer Warriors!

Visit www.wellnessplacewenatchee.org to register, watch our 5k video or for more information.

Wellness Place is a 501(c)3 nonprofit organization and our mission is to give compassionate support and **FREE** resources to individuals, their families and caregivers through their cancer journey, from diagnosis to survivorship, for those residing in Chelan, Douglas, Grant and Okanogan counties. For more information visit www.wellnessplacewenatchee.org.

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