

MARCH FOR HOPE

COMMUNITY MEGA HEALTH AND WELLNESS EVENT

Expose, Educate, Equip, Empower: Hope!

For all ages! Free and Open to the Public!

**Open
to the
Public**

- **Health & Fitness Activities-** Build level of knowledge and confidence towards fitness to get healthier and in better shape.
- **Health & Wellness Education-** Build awareness of health risks and choices that pertain to food, exercise, finances, and friendships to make behavioral changes and enhance overall health.
- **Healthy & Wellness Demonstrations-** Build interest with hands-on learning to enhance awareness.

MARCH 28 2020

Register by March 7th @ EventBrite
"March for Hope" to receive a swag bag!

- On-Site Registration @ 8:00 a.m.
- Event Kick-off @ 8:30 a.m.
- 2 Mile Cardio Walk @ 9:00 a.m.
- Expo 10:00 a.m. - Noon

Location:

Twin Lakes Executive Airport
Bettis Academy Road (I-20, Exit 11)
Trenton, SC 29847

FREE EVENT

Text "Gothope"

To 56525

for updates about March for Hope!



Be a part of the **GOHOPE** Movement:

- ♥ any donation amount made on or before March 15th will be recognized on the day of the event
- ♥ any individual donation of \$20 or more on or before March 15th will be recognized on the day of the event, receive "GO HOPE" t-shirt as a thank you from Vision 2020 & Beyond, Inc.

All donations will go towards 2020-2021 wellness campaign.

♥ **Expose** the community on ways to prevent and manage chronic diseases and health conditions to lower their health and economic burden.

♥ **Educate** the community on how to make healthier food choices and the benefits of living a healthy lifestyle.

♥ **Equip** the community with tools, resources, social support, and strategies to adopt and maintain healthy behaviors.

♥ **Empower** the community towards self-direction, boost morale and motivation by supporting increased health, productivity, and happiness.

**Vision 2020 & Beyond, Inc., a 501(c)3 Organization
In partnerships with local organizations and
businesses in the CSRA.**

Like and follow us on Social Media!

