



Florida Department of Health  
Dixie/Gilchrist/Levy Counties  
will host its.....

## 2<sup>nd</sup> Annual Tri-County Fall Into Fitness



## Walk/Run

**WHEN:** Saturday, October 15, 2016  
9:00—10:30 AM

**WHERE:** Nature Coast Trail in Cross City  
**START:** Dixie County Health Department  
**FINISH:** Dixie County Health Department

The 5K will follow the Nature Coast Trail, commencing and finishing at the Dixie County Health Department on 149 NE 241<sup>st</sup> Street in Cross City. Health information, goody bags and door prizes will be available to participants.

### 5K Registration is FREE!

All participants must complete a 5K Registration Form at the event  
OR may pre-register online by visiting one of our websites:

<http://Dixie.flhealth.gov> <http://Gilchrist.flhealth.gov> <http://Levy.flhealth.gov>

**Event open to all ages..... make it a family affair!**



*Commit to Better Health by participating in this Tri-County 5K Challenge!*

For more information about this event, please contact Kyle Roberts, Health Educator Consultant, at 352-463-3120 ext 4003 OR Liz Powers, Nursing Director, at 352-486-5300 ext 230.