2nd Annual 5K
Run - Walk
#BeeTheOneToHelpSomeone

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DEPRESSION & PTSD AWARENESS
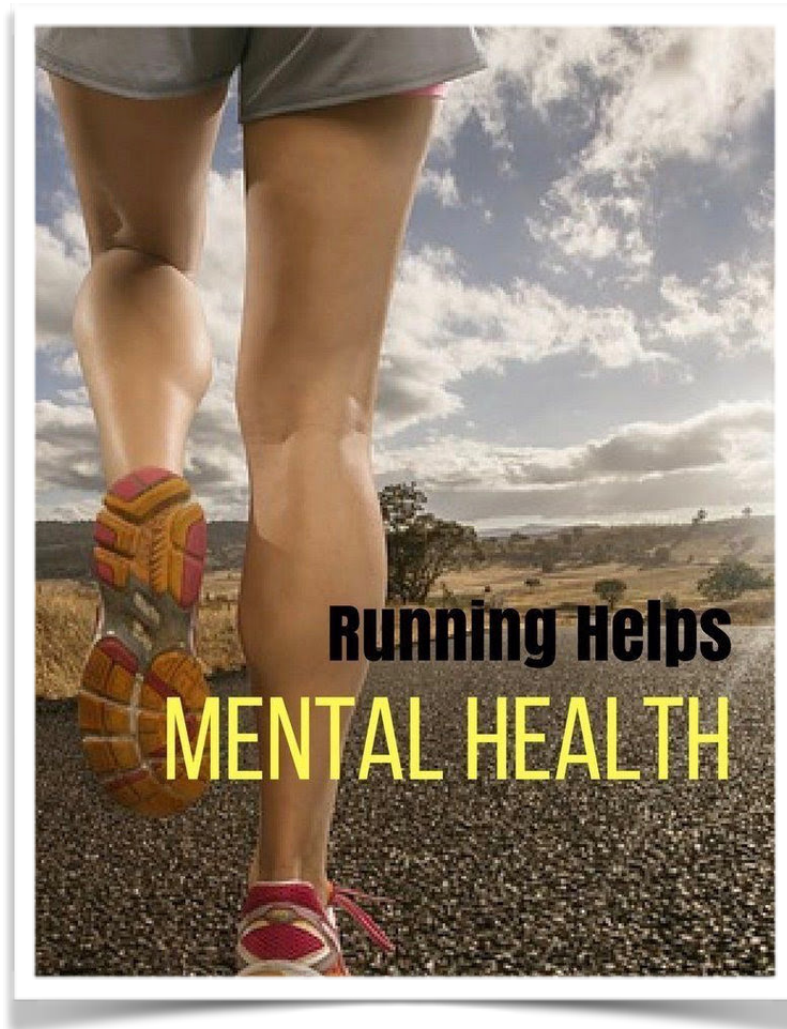
20 19

In Memory of
Aaron "Bee" Footendto Drawn
1981-2016

DAY
4

Exercise is truly an activity that benefits the entire body. In addition to helping us look great and feel great, exercise also helps boost brain power while releasing chemicals that make us feel happier and less stressed.

THE MENTAL BENEFIT OF EXERCISE
5 Benefits of exercising . . .

Feel good about self
Reduce stress
Increase feeling of happiness
Keep your brain healthy
Could become a new passion