



EMPOWER



RUN & WALK

SPREAD YOUR EMPOWERMENT!

Sharing who or what you run or walk for in the Empower Run & Walk is easy as 1, 2, 3

1

Print out the official Empower Run & Walk race bib

2

Write in your name and who or what you're racing in honor or memory of

3

Take a selfie or video with your bib and share to Facebook or Instagram and tag @centerffs and help raise awareness about trauma in your community while earning a chance to win great prizes!

