



- Wear a hat & light-colored lightweight clothing
- Use sunscreen
- Wear PROPER Shoes (avoid Crocs, sandals, flip-flops, boots)
- Bring a Water Bottle & Stay Hydrated
- Check blood sugar BEFORE walk/running
- Check blood pressure BEFORE walk/running
- NO PETS!
- NO DRUGS & ALCOHOL OR VAPING
- NO BIKES ON TRAIL
- Aggressive Behavior WILL NOT BE TOLERATED
- Health Resource Booths are Welcome
 (must bring own table, chairs, & weighted canopy)

ABC's of Diabetes - Journey to Hózhó

Tues, May 5 th	Window Rock High School Football Stadium	Registration: 10:00 AM Walk/Run Start: 10:30 AM**
Thurs, May 7 th	Greasewood Chapter	Registration: 5:00 PM Walk/Run Start: 6:30 PM
Tues, May 12 th	Oak Springs Chapter	Registration: 5:00 PM Walk/Run Start: 6:30 PM
Tues, May 26 th	Klagetoh Chapter	Registration: 5:00 PM Walk/Run Start: 6:30 PM
Tues, June 2 nd	Kinlichee Chapter	Registration: 5:00 PM Walk/Run Start: 6:30 PM
Thurs, June 4 th	Nahata'Dziil (Sanders) Chapter	Registration: 5:00 PM Walk/Run Start: 6:30 PM
Tues, June 9 th	Crystal Chapter	Registration: 5:00 PM Walk/Run Start: 6:30 PM
Tues, June 16 th	Sawmill Softball Field behind Apache County Building	Registration: 5:00 PM Walk/Run Start: 6:30 PM
Tues, June 23 rd	Cornfields Chapter	Registration: 5:00 PM Walk/Run Start: 6:30 PM
Tues, June 30 th	Window Rock Fairgrounds **FINALE**	Registration: 5:00 PM Walk/Run Start: 6:30 PM

For More Information Contact: Danelle Lee 928.729.8874 | Danelle.Lee@fdihb.org

"To provide superior and compassionate healthcare to our community by raising the level of health, Hózhó, and quality of life"