



Kentlands/Lakelands 5K *GOT FIT (Feet in Training)* Senior Walking Program



**You can help the Kentlands Community Foundation send
a local child in need to summer camp!**

For individuals over the age of 60 who would like to become more fit, increase their energy and make new friends while doing something very important to help their community!

Janet Witkowski of Elite Performance & Physical Therapy will help prepare you to walk in the Kentlands/Lakelands 5k run/walk event planned to be held on Saturday morning, September 1, 2007. Each participant will be invited to experience a variety of different fitness opportunities including group walks, Yoga, Pilates, weight training, lectures on wellness topics from area professionals and more!

The Kentlands Community Foundation has donated nearly \$50,000 over the last 5 years to the Dolores C. Swoyer Camp Scholarship Fund which provides registration fees for underprivileged children to participate in City of Gaithersburg summer camp programs.

- When:** Saturdays, starting June 30 through September 15
Time: 8 a.m. – 9:30 a.m.
Where: Elite Performance & Physical Therapy
60 Market Street, Suite 206
Gaithersburg, Maryland
(located in the Kentlands)
Fee: \$10 (includes 12-week program and entry fee to 5k event)

Please note: Participants will need to provide a Doctor's note confirming sound health status and complete a Liability Waiver as part of the overall registration process.