

Nisqually Health, Fitness, & Nutrition presents.....

KILL-O-METERS RUN FOR YOUR LIFE

FREE!

5K Color Run or Walk Saturday, August 23rd, 2025

at Nisqually Youth Center

Final Registration 10:45 am Start time 11 am

Swag bags and T-shirt for all participants & prizes for the top finishers.

Food Truck will be on site. CJ will provide snacks for the kids.

There will be kids activities, DJ, & a Photobooth.



**Nisqually Tribal & Community Members
STOODIS!!! ~ SKODEN!!!**

For more information contact: HFN Staff by email
healthfitness@nisqually-nsn.gov or by phone at 360-455-5213