



## Join Us for *Hike for Health* Benefiting Fox Valley Food for Health!

### What

Charity Hike benefiting Fox Valley Food for Health. Fun, untimed, approximately 3 mile hike. Fox Valley Food for Health provides 12 weeks of free, nutrient rich meals to community members and their families who are struggling with a health crisis. FVFFH also provides teen education & service opportunities to our teen volunteers.

### Who

Open to all! Volunteers, supporters, students, friends.

### When

Saturday, April 24, 2021. 9:00 AM first group start time. Groups of 50 will be started every 30 minutes.

### Where

Choose any **one** of the following start/finish locations:

Pottawatomie Park Pavilion in St. Charles (start/finish at Pavillion)

Great Western Trail in St. Charles (start/finish at main trailhead off of Dean Street)

Fabyan Forest Preserve in Geneva (start finish near shelter #1)

Virtual Option - choose your own location and do your own hike in your neighborhood or other location of your choice.

### Why

All proceeds go to Fox Valley Food for Health and continuing their mission of promoting a nutrition focused community through teen education and serving those struggling with a health crisis.

### Other Info

Registration is \$25 per participant at <https://fvffh.org/hike-for-health/>. T-shirts are included for anyone who registers by 4/8. **Face Coverings are required during the event for all participants.**