

Dash for disabilities

Benefitting Families Helping Families SWLA



SUPERHERO 5K RUN WALK & ROLL

Dress like the Super Hero You ARE!

Prize for the most creative costume!

SATURDAY, MARCH 3, 2018

Lake Charles Civic Center

Meet local super heroes after the run, walk & roll!

Registration at 7:30am | 5K/Walk starts at 8:30am

Register online here:

<http://runsignup.com/Race/LA/LakeCharles/DashfordisABILITIESSuperhero>

For more information:

info@fhfswla.org 337-436-2570

Families Helping Families SWLA

2927 Hodges St.

Lake Charles, LA 70601

\$25 entry fee
\$30 Event Day