



SAVE THE DATE

Timed Run & Fun Walk
Prizes in all age divisions
Costumes encouraged!

1ST ANNUAL FAMILIES HELPING FAMILIES OF SWLA

"Dash for disAbilities" Superhero 5K Fun Run, Walk & Roll

Not All Heroes Wear Capes!

**SATURDAY, MARCH 3, 2018
AT THE LAKE CHARLES CIVIC CENTER**

Seeking Sponsors Now!

Families Helping Families SWLA
2927 Hodges Street, Lake Charles, LA 70601
337-436-2570
www.fhfswla.org