

The Myositis Association

# Fitness Festival • Fun Walk

Proceeds support TMA's programs for myositis patients and care partners.



Sunday  
October 17, 2021  
9:30 am

Centennial Park

10000 Route 108, Ellicott City, MD 21042

## TO REGISTER

visit [www.funfitflex.org](http://www.funfitflex.org)

Registration is **FREE**,  
but participants are  
encouraged to raise funds  
to support the mission.

### About the event:

- Non-competitive Walk
- DJ and Music
- 5K Chip-Timed Race
- Children's Activities
- Fitness Demonstrations
- Health & Wellness Information
- and more...

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