

LAUSD



# MOVE IT! Health & Wellness Festival Dodger Stadium

SATURDAY  
8:00 AM – 1:00 PM

Come out and join thousands of LAUSD students, families, employees, and community members in the LAUSD 5K "Move It!" Health & Wellness Festival.

## You can expect...

- ★ 5K Run/Walk Course
- ★ Health/Nutrition Workshops and Booths
- ★ Free Dental Screenings at the L.A. Trust Tooth Fairy Event
- ★ Interactive Kids Zone Filled with Games, Face Painting, Kids Obstacle Course, Sports Clinics, and More!
- ★ Fitness/Dance Classes
- ★ Live Entertainment
- ★ Food Trucks
- ★ Opportunity Drawing and Giveaways
- ★ Celebrity Appearances
- ★ Free Stadium Parking

Take the pledge to move every day, eat balanced meals, and train to walk or run in the 5K "Move It!" Health & Wellness Festival.

Encourage your friends, family and staff to join us for this fundraising event that supports a Healthier LAUSD.



To register, please visit: <http://moveit.lausd.net> and for more information, email: [wellnessprograms@lausd.net](mailto:wellnessprograms@lausd.net)

In pursuit of good health and wellness for the LAUSD community