

March 29–April 26

 **SPARTAN**
ARBOR DAY 5K
VIRTUAL FUN RUN + WALK



- Free to participate
- Open to MSU students, faculty and staff
- Weekly workouts, tips and support

Email Brittany Richard at
rich1087@msu.edu by March 24 to sign up.



Health Promotion
Student Health & Wellness
MICHIGAN STATE UNIVERSITY



@healthyspartans
healthpromotion.msu.edu

SPARTANfit
FITNESS & WELLNESS PROGRAM

