

HOUSTON METHODIST SUGAR LAND HOSPITAL WALK / RUN CLUB

JOIN OUR TEAM!



KICKOFF MEETING
MONDAY, OCT. 3

4:15 p.m. - Introduction

4:30 p.m. - Walk/Run

Meet at Employee Gym

Mondays, Wednesdays & Fridays • 4:30 – 5:30 p.m. • Employee Gym

- Guided routes around the hospital campus
- All levels of walkers and runners welcome! Walk or run at your own pace.
- Attend five sessions to receive an HMSL Walk/Run Club T-Shirt.
- Members will have the chance to participate in local runs that are sponsored by HMSL either at a discounted rate or for free.

For more information, contact Lucille Kalu, ljkalu@houstonmethodist.org or Pat Hogue, phogue@houstonmethodist.org.

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