



**Moyo Nguvu
Cultural Arts Center**

Presents

**"Run...  Like
Your Life
Depends On It!"**

*Creating Awareness
of
African-American
Health and Fitness*

***A 5K Run/Walk
and Health Conference***

***City Park
Denver, Colorado
Saturday, August 22, 1998
8:00 a.m.***

Sponsored and supported by



Urban Spectrum