



Stride for Seniors



SATURDAY, JUNE 6 AND IT'S VIRTUAL!



Perfect date.
Perfect location.
Perfect cause. Join us.

RAISE MONEY FOR TRUST PARISH NURSING!

Due to the COVID-19 pandemic, the 15th annual Walker Methodist Stride for Seniors 5k/10k on Saturday, June 6, 2020, is going virtual. You can still register. Virtual participants will receive a packet including a Walker Methodist race t-shirt, FIT-SOK socks, a Walker 75th Anniversary running bib, Popped Corn, and more.

A virtual race means you can take a walk around the block, sit on the couch, or just wear your t-shirt and socks. To register, go to <https://www.walkermethodist.org/foundation/foundation-events/5k-10k-run-walk> . That will raise money for Walker Methodist.

To raise sponsorship money for TRUST Parish Nursing, pick up the sponsorship form on the TRUST web site and ask your friends to sponsor you on the virtual walk. You don't have to register for the 5K. If you just want to give to Parish Nursing , send a check to TRUST or give on the web site. Mark it for "walk." Questions? Call TRUST at 612-827-6159, email at trust@trustinc.org or go to www.trustinc.org (you can give on-line there).

It's easy. Virtual walk and collect pledges for the TRUST Parish Nurse program! Bring or send sponsor forms and money to TRUST, 9 W. Rustic Lodge Avenue, Minneapolis, 55419.

