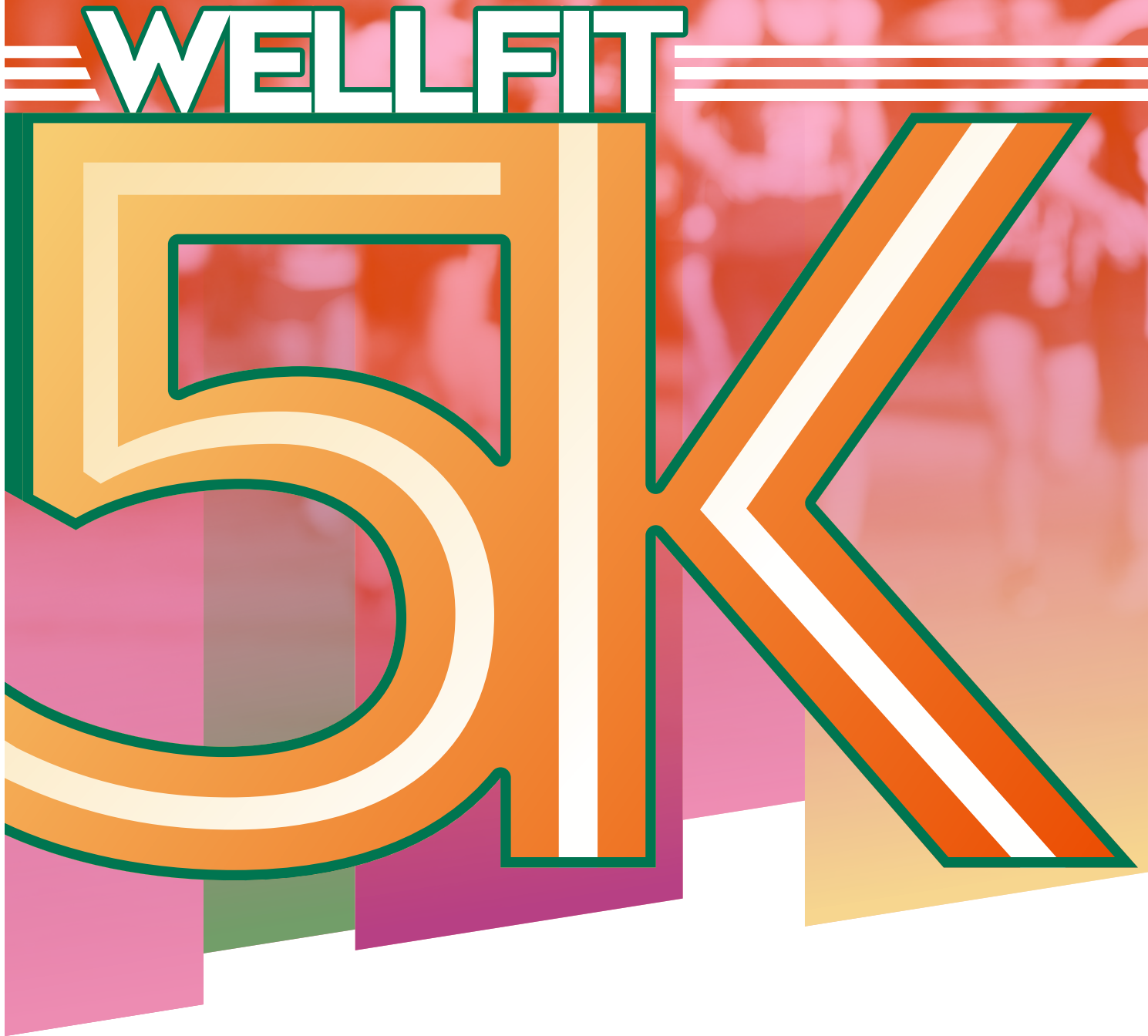


# THIBODAUX REGIONAL WELLNESS CENTER



**MARCH 26, 2022**

**BENEFITING GIRLS' ATHLETIC PROGRAMS  
THROUGHOUT OUR REGION**

**[WWW.THIBODAUX.COM/WELLFIT5K](http://WWW.THIBODAUX.COM/WELLFIT5K)**



**THIBODAUX REGIONAL  
WELLNESS CENTER**



## THIBODAUX REGIONAL WELLNESS CENTER

### WELLFIT 5K

Women's sports have become increasingly popular with more than 3 million girls competing in high school sports. Through our integrated sports and wellness services such as strength and conditioning, sports nutrition, and injury prevention, Thibodaux Regional is committed to helping female athletes succeed. We want to further strengthen our commitment by supporting girls' athletics programs in the region.

Register online at [thibodaux.com/wellfit5k](http://thibodaux.com/wellfit5k), or complete this form and mail to Wellness Center 5K, 726 North Acadia Road, Thibodaux, LA 70301 Attn: Fitness Center.

Make check payable to Thibodaux Regional Health System.

#### RACE DAY SATURDAY, MARCH 26

7:00 am Registration

8:00 am 1 Mile Fun Run/Walk

8:30 am 5K Run/Walk Begins

**FOOD, MUSIC, & MORE!**

#### REGISTRATION FEES

\$25 Adults

\$15 Ages 6 – 18

*Includes race t-shirt for ages 6 and above, if registered before March 16th.  
No charge for children under 6 years old. No pets allowed.*

PROCEEDS BENEFIT GIRLS' ATHLETIC PROGRAMS THROUGHOUT OUR REGION.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

AGE \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ T-SHIRT SIZE \_\_\_\_\_

You may also register at Thibodaux Regional Wellness Center, 726 N. Acadia Road, Thibodaux, on Friday, March 25, from 4:00 – 6:00 pm. Pre-registered participants may also pick up their Race Packet at this time.

Register online at [www.thibodaux.com/wellfit5k](http://www.thibodaux.com/wellfit5k). For more information, call 985-493-4950.