

The Saint Philip AME Health Ministry is pleased to announce the 2023 Rev. Dr. George Moore, Sr., Stroke Awareness Virtual Run/Walk!

The goal for the challenge will encompass 4 levels: 30 miles, 50 miles, 75 miles or 100 miles. Each participant is to select one of the 4 levels based on individual preference.

The virtual walk/run will begin October 1st and end October 31st.

(Registration will begin August 6, 2023)

The Process for Registration:

1. Please click on the Eventbrite link below: <https://www.eventbrite.com/o/the-spc-health-ministry-34043067961>
2. The Registration fee is 20.00
3. Download the Nike Run Club App on your SmartPhone (you can track miles on your phone or Apple Watch).
 1. *Once you download the app, please send a friend request to “Ramona Hale” or if you already have the app and are friends with Ramona Hale...simply enter the challenge of your choice based on the # of miles and click “accept”.
4. Fitbit users will need to submit your miles weekly for tracking purposes by emailing the health ministry at healthministry@saintphilip.org.
5. Each registered participant will receive a commemorative T-Shirt. You will receive an email with the date and location for pick up.
6. Finally....The 1st Place Finisher from each goal including Fitbit will receive a beautiful Medal.

Please view the attached informative “Stroke Awareness” presentation:
SPOT THE SIGNS OF STROKE - Click to View



