

NOVEMBER IS NATIONAL
**ALZHEIMER'S
DISEASE**

AWARENESS MONTH

**VIRTUAL
FUN RUN**

**1K • 5K • 10K
OR HALF MARATHON**

WALK • RUN • BIKE

OPEN TO
**ALL
AGES!**

**BE CREATIVE, HAVE FUN,
AND STAY SAFE!**

FREE TO REGISTER. GO TO MYSPAR.ORG

Call SPAR Athletics Office at 318-673-7750 or email
Shalon.Lewis@shreveportla.gov for more information.

