

2nd Annual

# Tsuisumomo

Love your heart with fitness



**5K Fun Run/Walk & Fitness Festival**  
Free Health Screening for you and your loved ones.

♥ Presented by



**Date/Time: Saturday, 14 Feb 2015**

7:30am - 4pm; post-event party 7-11pm

**Venue:** Darkuman (Quarters' Park), Accra

**Fee:** Gh¢100 includes 5K & all activities plus:

- ♥ Souvenir shirt
- ♥ Finisher's medal
- ♥ Goody bag

**Single Activity Tickets:** Gh¢10; 10% discount for 3 or more tickets

*All items while supplies last*

- ♥ Tsuisumomo means you'll love her with a strong heart.
- ♥ Tsuisumomo means you want him to be Fit 4 Love.
- ♥ Come on, *Tsuisumomo for a heart-healthy Val's Day celebration!*

**Registration:** [www.fit4lifeghana.com](http://www.fit4lifeghana.com) or ☎ 027 780 2378

**Register in person:** 11-13 Feb, from 9am to 5pm at Quarters' Park (5K Start Line)

## 5K Route Map



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