



# Southeastern Idaho Public Health

## FOR IMMEDIATE RELEASE

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## CONTACT

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## Mom 'n Me Fun Run/Walk Celebrates 12 Years

In its 12<sup>th</sup> successful year, Southeastern Idaho Public Health (SIPH) will again host the Annual Mom n' Me 5k Fun Run/Walk. The event will take place on Mother's Day, **Sunday, May 12, 2019, at Southeastern Idaho Public Health**. The Mom n' Me Fun Run/Walk is an effort to create a healthy tradition for friends and family on Mother's Day. "The Mom 'n Me is not competitive & is untimed. We do this so that everyone and all abilities can participate," said Dana Solomon, Mom 'n Me Organizer.

Early Bird Registration closes on April 29<sup>th</sup> to guarantee a t-shirt. On-site registration for the event will begin at 9:15 a.m. with the run/walk beginning at 10:00 a.m. To register on-line, visit [www.siphidaho.org](http://www.siphidaho.org). The cost for the event is \$10 for an individual, \$35 for a team of four. Children 5 & Under are FREE. Shirts are optional for children 5 and Under and the cost is \$7.50.

This year during the event, SIPH will be hosting a diaper drive for the Idaho Diaper Bank. Please donate diapers to help families in southeast Idaho. After the event, refreshments are served, raffle prizes are awarded, and flowers will be provided to participants. "We encourage the community to start this Mother's Day off right with an experience you will remember for years to come," said Solomon.

### \*\* Important Things to Know \*\*

- Register by Monday, April 29<sup>th</sup> to guarantee a t-shirt.
- Early registration shirt pick-up will take place on **Friday, May 10th** at SIPH
- Shirts are **NOT** guaranteed for on-site and late registrations.
- Bring diapers to donate to the diaper drive.
- For safety reasons, please leave your pets at home.

For more information, please contact Dana Solomon at Southeastern Idaho Public Health at 239-5256 ([dsolomon@siph.idaho.org](mailto:dsolomon@siph.idaho.org)) or visit [www.siphidaho.org](http://www.siphidaho.org).

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