



KCEXPRESS.org

KC Express Summer Party

Tuesday, June 2 at 6:30 p.m.
St. Joseph Medical Center
I-435 and State Line Rd.
Community Center Auditorium,
Bldg D

Celebrate...

your Mother's Day 5K success!

- Share race-day stories and photos
- Encourage each other to keep moving
- Enjoy snacks and make new friends

Connect...

through new opportunities for fun and fitness:

- The BRAG team, our summer training program for beginning runners
- Saturday morning run and walk groups that meet year round
- Fun and useful meetings, held the first Tuesday of every month

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