

Arthritis Foundation®

Jingle Bell Run



5K

RUN/WALK

on Saturday, December 4

OR

TAKE THE

WORLD CHALLENGE!

RUN/WALK 7 Races across 7 Continents in December!



Virtually run across seven continents!

- North America
- Europe - Paris along the Seine
- Asia - Hong Kong or Singapore
- Cairo - Africa
- Sydney - Australia
- South America - Rio de Janeiro or Buenos Aires
- Antarctica

All participants receive a T-shirt and Medal!

PRESENTED BY:



FOR MORE INFORMATION CONTACT:

Teresa Dinh-Watanabe
Arthritis Foundation
Sr. Executive Director
tdinh@arthritis.org

Learn More or Sign Up Today!

www.JBR.org/OCIE

