



Health & Safety Expo

Live Entertainment • Goody Bags • Shirts • Medals  
Vendors with Free Samples • Free Food & Drinks  
Health Screenings / Safety Tools  
Survivor Dove Release

**Saturday, October 10, 2009**



Special Guest

**DIANE DIMOND**

Nationally syndicated columnist  
Veteran TV correspondent  
Author

**Location:**

Los Alamitos Joint  
Forces Training Base  
4522 Saratoga Ave  
Los Alamitos, CA 90720

Complimentary Parking • Bring ID To Enter Base

**Schedule of Events:**

7:00 am  
8:15 am  
8:30 am  
8:45 am  
9:00 am  
7am - 12noon

Registration Begins  
Warm Up  
Special Guest Presentations  
Survivors Dove Release  
Run / Walk  
Health & Safety Expo

[www.surviveandthriverrunwalk.org](http://www.surviveandthriverrunwalk.org)  
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