

# LET'S MOVE. LET'S REACH.™

**SATURDAY**  
**SEPT. 30, 2023**  
**9 A.M.–2 P.M.**

**FREE  
TO THE  
PUBLIC!**

**Join Creighton University's Health Sciences–  
Multicultural and Community Affairs for the  
6th annual LET'S MOVE, LET'S REACH  
Physical Activity Day.**

Free fitness and well-being events for all ages. Activities will include: one mile walk/run, group fitness, drill teams, basketball, kids zone, and more!

This event is a positive way to celebrate the community spirit of North Omaha and learn more about physical activity in reducing the risk of chronic disease and improving quality of life.

**More information: contact by  
email, Phebe Jungman at  
[PhebeJungman@creighton.edu](mailto:PhebeJungman@creighton.edu)  
or phone at 402.280.2124**

**Event & Activity Registration:**  
[creighton.edu/healthsciences/cphhe/reach](https://creighton.edu/healthsciences/cphhe/reach)

**EVENT LOCATION: 24th Street from Cuming to Lake Streets, Omaha, Nebraska**



Creighton University's Center for Promoting  
Health and Health Equity – Racial and Ethnic  
Approaches to Community Health (CPHHE-REACH)



— Health Sciences —  
Multicultural and Community Affairs

**HS-MACA**

