

LET'S MOVE. LET'S REACH.™

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

This event is free to the public, with fitness
and well-being events for children and
adults of all ages. Activities will include: one
mile walk/run, group fitness, drill teams,
basketball, kids zone, and much more.

Beyond creating an enjoyable day for
residents to have fun and visit with
friends and families, this event is
a positive way to celebrate the
community spirit of North Omaha
and learn more about the value
of physical activity in reducing
the risk of chronic disease and
improving quality of life.

For more information, contact
Richard Brown by email at
RichardBrown@creighton.edu
or phone at 402.280.2124

Event & Activity Registration:
creighton.edu/healthsciences/cphhe/reach



FREE
TO THE
PUBLIC!

SATURDAY
SEPT. 30, 2023
9 A.M.–2 P.M.



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

Creighton
UNIVERSITY

Health Sciences - Multicultural
and Community Affairs

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

THIS EVENT IS SUBJECT TO CHANGE BASED ON PUBLIC HEALTH GUIDELINES WITH CITY MANDATES AND ORDINANCES