

# Up and Coming...

## MOVE-ITMONTH!

- **March 13<sup>th</sup>** – Stadium to surf – 10k Fun run/walk – sign up and bring your receipt in and we will reimburse your entry fee! **13** Weeks to go! Get training and check out <http://www.healthyminers.com/#!/beginner/c1e4w> for a **12** week training plan!
- **April** – OGL Event – T.B.C – Your family can be involved in this event so get them all training for it now!
- **August** – Mud Sweat and Tears – Join the OGL Team or as an individual and OGL will support you by reimbursing your joining fee! Prize for best dressed!!
- **September** – Cadbury Dunedin Marathon – sign up and we will reimburse you! Prizes to be had!
- **October** – Family Colour Run. Sign your family up for this run around Logan park and get covered in paint! We will reimburse your families entry fee but don't forget to take your family portrait afterwards! Most colourful family wins!

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## Activity Month:

- **February – Heart Health** - Pauline will be running extra workshops to check your cholesterol, blood pressure and sugar levels in an effort to ensure great heart health. Schedule and more info to come!
- **MAY - Pink Ribbon Cake Auction** – OGL's answer to the Pink Ribbon breakfast. Bake your favourite cake, slice or biscuit and place it in the auction for your area then place a blind bid on what you want to take home with you. All money raised will go to the NZBCF!
- **Movember** – Join the OGL Team and fundraise for men's health! Start with a clean shaven face and grow that Mo! Get any donations you can and all \$\$ raised will be donated to men's health in NZ

**Register your interest with Pauline, your safety Rep or the H+S Team!**