



# Saturday, September 9th

9:00am Rain or Shine  
Belmont Lake State Park  
West Babylon, New York

Walk or Run the 1.5 mile or 5K options

Join hundreds of friends & FSL staff as we walk and run to raise awareness and much needed funds for the 60 vital programs that thousands of children and adults rely on each day.



## 5th ANNUAL WALK FOR WELLNESS

Today, you can show your support!  
Register, Create a Team, and Fundraise  
**Text WALK2023 to 71777**

Learn more about registration, volunteering, sponsorship opportunities, and day-of activities by contacting  
631-470-6775 or [erin.mcfadden@fsl-li.org](mailto:erin.mcfadden@fsl-li.org)