



LOOKING FOR A FUN EVENT FOR THE FAMILY? JOIN US AT THE TIMBERWOLF 5K RUN/ WALK AND SUPPORT FAMILIES FORWARD!

Northwood High School Athletic Boosters will be donating a portion of the proceeds from their annual Timberwolf 5K Run/Walk on Saturday, February 13, 2016 at 8am to Families Forward. Last year, with the generous donation from this event, Families Forward was able to help many families on their path towards self-sufficiency!



SCAN THE QR CODE OR VISIT
TIMBERWOLF5K.COM TO SIGN UP!

Northwood High School is inviting the local community to sign up and join in on this fun event, encouraging fitness and wellness. The event is open to a variety of groups; walkers and casual participants are welcome to join the fun!

You can also help the families supported by Families Forward by donating one of the following most needed food pantry items at the race check-in:

- Beans (kidney, black, pinto)
- Canned chicken, fish, & beef
- Peanut butter
- Cereal
- Spaghetti sauce
- Hearty canned soups & chowders
- Plain rice (brown preferred)
- Chili, stews
- Canned fruit
- Canned vegetables
- Canned tomato products
- Pasta (dried)
- Crackers, healthy snacks
- Fruit juice, boxed juices

FAMILIES FORWARD

DIGNITY • EMPOWERMENT • HOPE