

# WELLNESS IN *ACTION*

## FESTIVAL

### Zippering Our Way Into a Healthier You

Join us for a celebration of wellness, community, and healthy living. Let's stride together towards a healthier future!



**Saturday, April 5, 2025**

Columbia College

1301 Columbia College Dr. Columbia, SC 29203

Admission: **FREE**



**5k Walk/Run/Roll**

Start Time: 8:30 AM – 10:00 AM

Support your school and join the fun while making a difference! Gather your friends, family, or classmates and create a team to run or walk together for a healthier future. Student tickets are just \$20—get 10 friends to chip in \$2 each and sponsor your ticket! Adult tickets are \$30. Don't miss this chance to come together, get active, and make an impact in your school and community!



**Vendor Market & Healthy Activities**

Time: 10:30 AM – 2:00 PM

Explore a vibrant market filled with local vendors offering healthy products, repurposed clothes, wellness services, and delicious nutritious treats. Participate in family-friendly activities, discover practical tips for healthy living, and enjoy a day dedicated to wellness. Best of all, proceeds from this event will benefit health and wellness education initiatives at Columbia College.

**Register Now**

