

# VAREP EAST BAY CHAPTER

## 4X4X48 CHALLENGE



Run 4 miles every 4 hours for 48 hours. if running isn't an option for you, you can complete a 45 minute workout at prodigy fitness instead.

**FEE: \$50**  
(INCLUDES T-SHIRT)

Sign up as an individual, or create a team and alternate workouts

Can't make it in person? Join us virtually and check-in through Facebook

All monies raised will be donated to varep East bay, a non-profit dedicated to improving the lives of service members and veterans through housing and philanthropy.

**Mar. 4, 2022**  
5:00PM - 1:00PM

**Prodigy Fitness and Virtual**  
5653 STONERIDGE DR. #101  
Pleasanton, California 94588

**TOPIC:**  
Ptsd And Mental/ Physical Health

**Speaker:**  
Andrew Hamel  
CEO - Prodigy Fitness

**VAREP.NET/EASTBAYRUN** OR



### FOR MORE INFO:

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**VAREP**  
VETERANS ASSOCIATION  
OF REAL ESTATE PROFESSIONALS

**EAST BAY, CA CHAPTER**

