



WELLNESS AT WORK

# CityFit-Making Strides to End Breast Cancer

Please Join CityFit  
and the American Cancer Society  
in

**Making Strides toward a world  
with more birthdays...**

**JOIN THE CITYFIT TEAM**

Contact Frank Mannella at 412-255-2383  
Or [frank.mannella@pittsburghpa.gov](mailto:frank.mannella@pittsburghpa.gov)

Registration fee is \$10.00.  
All participants receive Tee Shirt.

**ALL REGISTRATION FEES ARE DONATED TO  
CITYFIT MAKING STRIDES AGAINST BREAST  
CANCER TEAM.**

If you are unable to attend but would like to  
contribute, donations can be made  
by [clicking the link here!](#)

**The dollars you raise help the survivors!  
Make a difference in someone's life!  
DONATE TODAY!**



[pittsburghpa.gov](http://pittsburghpa.gov)



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[twitter.com/citypgh](https://twitter.com/citypgh)

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CITY OF  
**PITTSBURGH**

"AMERICA'S MOST LIVABLE CITY"

LUKE RAVENSTAHL, MAYOR

**Saturday  
October 12,  
2013**

***Pittsburgh's North  
Shore***

*North Shore Riverfront Park Great  
Lawn, North Shore Drive  
(Adjacent to Jerome Bettis' Grill 36 &  
across from Heinz Field)*

**5K Walk**

*Check In: 8:00 A.M.  
Walk Start: 9:00 A.M.*



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for more information