

MEET ME AT

THE MARKET



Make this the summer you commit to getting healthier with your friends and family by joining Mercy and other participating organizations at Meet Me at the Market.

Families and people of all ages can participate in Meet Me at the Market this summer on Thursday evenings.

This new, informal walking, running or biking program is a fun social event held Thursday evenings, from May 2 through October 31, 2013.

Meet Me at the Market is an opportunity for the entire family to keep moving while enjoying the sights in the growing NewBo district in Cedar Rapids.

Register once for the entire season and then

just check in for a hand stamp each Thursday, between 5 and 6:30 p.m., at the NewBo City Market, 1100 3rd St. SE, Cedar Rapids. The hand stamp is your ticket to discounts at participating NewBo, Czech Village and downtown businesses. Take advantage of discounts at local eateries and businesses before, during and after you exercise – plus listen to free Music at the Market from 6 to 9 p.m.



NEWBO CITY MARKET

ROTARY HALL

To learn more about Meet Me at the Market, visit www.newbocitymarket.com/meetme.