



Tufts Health Plan is Building Healthy Communities on the Road to Wellness

The fourth annual Road to Wellness 5K will be held on September 8, 2018 in Roxbury at the Dimock Center. Tufts Health Plan is the Presenting Corporate Sponsor at the event and the Health & Fitness Pavilion, which offers interactive health and wellness fitness activities from a variety of local organizations. The Dimock Center, HoodFit, and the BAA created the Road to Wellness 5K in 2015 to engage the community in healthy, positive behaviors. Now in its 4th year, the event hopes to draw more than 1,200 participants.

Tufts Health Plan's commitment helps make this event free and accessible to the community and ensures that Dimock can provide comprehensive programs to the underserved year round. We invite you to join us in this fabulous event and help inspire community members, young and old, to partake in this journey toward health and wellness.

Forming a corporate team, sponsoring the event, or hosting an exhibitor table at the Health & Wellness Pavilion are a few ways in which your organization can engage with an audience that's interested in health and wellness.

And this year, to help prepare for the event, The Dimock Center is hosting free running clinics, led by a team of dedicated coaches, every Saturday at Playstead Park in Franklin Park leading up to the Road to Wellness 5K race.

For more information, please contact Elizabeth Sinclair at The Dimock Center at esinclair@dimock.org or visit the event website at www.roadtowellness5k.com

We look forward to seeing you on September 8!