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Running Medicine Presents:

by Tamara Wheeler on March 11th, 2020 | [o Comments](#)

Flash Mobs will return bigger and better this spring. Please spread the word, and let's see if we can double the turnout from last fall.

Running Medicine Friday Flash Mob Walk/Runs



Who: All are welcome!

Where: Start in in front of HSC Library

When: 2nd and 4th Fridays of March/April, 12:15-12:45pm

March 13th and 27th

April 10th and 24th

What: A joyful circle followed by 20 min walk/run at your own pace

Running Medicine empowers families and communities to greater mind, body and spirit wellness through movement. Our spring season "runs" March 28th – June 14th with downtown and westside locations. Visit our website (<https://runningmedicine.org>) or email us (runningmedicineabq@gmail.com) for details.



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