

April 2007

health briefs

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Get Fit, Make Friends

The site that has helped nearly 20,000 moms form running or walking groups, see MOMMYrun.com, has partnered with the Wheat Foods Council to host the "Mom, the Everyday Athlete" nationwide run/walk on May 19. You can register at wheatfoods.org, where you'll also find physical-training and nutrition materials.

