



# Your story is not over...



23 MAY 2026



FLORIDA LAKE, ROODEPOORT

## ABOUT

Join us on May 23, 2026, at Florida Lake Park in Roodepoort and be part of a movement that champions mental health awareness—bring your family and friends for a day of inspiration, wellness, and community support. The Foundation will be launched through a dynamic fun run and walk event themed “Your Story is Not Over...”. This event uniquely combines physical activity with expert-led wellness workshops and survivor stories, creating a holistic experience that empowers participants to regulate their mental health. The program will feature an instructor-led aerobics session, testimonials from cancer survivors, interactive life coaching workshops, and informative psychological presentations delivered by local professionals, all designed to provide valuable insights into wellness practices.

Participation in this event not only promotes health and meaningful connection but also advances efforts to reduce the stigma associated with mental health within the community.

The event will begin at 8:00 AM, with registration available [www.peaktiming.co.za](http://www.peaktiming.co.za) or via our website at <https://infinitimlenzi.org.za> For more information, please contact us at 010 210 7262.

REGISTER  
NOW  
&

Stand a chance  
to win a copy of  
JUNX



## DATE & START TIMES

23 MAY 2026

3KM - 08H00

5KM - 08H00

*Bring your camp chair,  
umbrella and sunblock*

**REGISTER  
ONLINE**

[www.peaktiming.co.za](http://www.peaktiming.co.za)

## ENTRY

CHILDREN UNDER 13 &  
ADULTS OVER 60 YEARS

ONLY PAY R50

3KM - R90

5KM - R120

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