




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 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

ENTRY

CHILDREN UNDER 13 &
ADULTS OVER 60 YEARS
ONLY PAY R50
3KM - R90
5KM - R120

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