



UNIVERSITY *of the* SOUTHERN CARIBBEAN

SPED DEPARTMENT

January 24, 2024

Pastors

Elders

Health Directors

AY Leaders

Communication Secretaries

Re: The USC WELLNESS RUN/WALK 2024

Dear Leaders,

Greetings in the name of the Lord and Saviour Jesus Christ.

The University of the Southern Caribbean is inviting you, your members and visitors to participate in its second annual 6K walk/run event on February 25, 2024. This wellness event is geared towards providing the USC Community, our church community and the wider community of Trinidad with another opportunity to take charge of your health.

Whether you're a seasoned pro or a beginner, **The USC 6K** is the perfect opportunity to test your endurance and challenge yourself. You'll be motivated by the energy and excitement of fellow runners. The atmosphere will be electric as you all strive towards a common goal - that of crossing the finishing line. We assure you that you will benefit from a high-quality, world-class racing experience. Don't miss this opportunity to be a part of one of the most exciting and rewarding wellness event of the year! Sign up now and get ready to embark on a journey that will test your limits and reward you with a sense of accomplishment.

Remember: **The USC 6K**- Where your determination meets the road!

Date: Sunday, February 25, 2024

Start Time: 6:30am

Start Point: Good News SDA Chapel, Corner of Warren Street and Private Road, St. Augustine

End Point: USC Main Campus, Maracas Valley St. Joseph

Registration cost: \$100.00

P.O. BOX 175
Port of Spain
Trinidad, WI

Phone
1(868) 612 - 4872

Fax
1(868) 662 1197

Website
www.usc.edu.tt

Cash prizes, trophies, medals and hampers to be won

Transportation will be provided to take the participants from the USC Main Campus to the Good News SDA Chapel. Participants are encouraged to leave their vehicles at the USC Main Campus and use the shuttle to the assembly point.

Registration

Link:

https://docs.google.com/forms/d/e/1FAIpQLSc0BOy1IwsQuvyTMH4VhumRWpHRj07S3_YLvQ6a5kCLR0gnrg/viewform?usp=sf_link

Following the 6k, there will be an aerobics burnout and a health fair on the compound of USC conducted by the Community Hospital. All because we care about your health so don't miss it.

See the attached flyer for more details.

Kind Regards



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