



Open to ALL DOD ID Cardholders.

HMR Physical Fitness Center presents

# Back to School DASH

**FREE CHALLENGE!**

August starts the school year for some students. The mad dash for school supplies has started. Head to the HMR PFC and track your miles through the month of August to complete your personal goal of 1 mile, 2 miles, or 5K. Register through the month of August at HMR PFC.

*Sign our poster and commemorate the achievement.*

For more information, call (808) 787-7460.



Scan the QR code or visit [Hawaii.armymwr.com/categories/sports-and-fitness](http://Hawaii.armymwr.com/categories/sports-and-fitness) for facility hours of operations.

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