

THE ability 5K



enriching the lives of adults with disabilities in our community

Join us in the Amherst Village; on Saturday October 2, 2021

for the third annual Opportunity Network's The Ability 5k and One-mile fun run! This event is a community run/walk to support and raise awareness for adults living with disabilities in our community. At Opportunity Networks, a major focus of our day program is to assist our participants with their overall health and well-being. Research shows that adults with developmental disabilities are at a greater risk of cardiovascular problems than the general population.

You can register online at: <https://runsignup.com/Race/NH/Amherst/Theability5k>

*Registration day of the event will be available

To Sign Up, to be a Sponsor or Volunteer at the event please visit us at:

<https://opportunitynetworks.org>

Or Contact Nick Hammond at Opportunity Networks:

(603) 883-4402 NHammond@opportunitynetworks.org

