



Department of Athletics & Leisure Services



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The City of Mesquite Department of Athletics & Leisure Services, along with Mesa View Regional Hospital and other sponsors, invite you to join us for the **16th Annual Mesquite Heart Walk**. All participants will receive a **T-shirt & a Heart Healthy Snack** (while supplies last). Water is also available along the route.

The 5k (3.2 Mile) walk begins at the Mesquite Recreation Center at 9:00am on

**Friday, February 14th, 2020**

**Registration Begins at 8:30am.**

The walk ends at Mesa View Medical Group. **Everyone is invited and there is no cost to participants.** Transportation back to the Mesquite Recreation Center is provided by **Silver Rider Bus Company** at no charge.

You can also pre-register at the Recreation Center or online at [mesquitenvv.activityreg.com](http://mesquitenvv.activityreg.com)

**We would like to thank all the sponsors for their support and generosity.**

