

# Sounds of Silence

FRIENDS OF THE POSTPARTUM RESOURCE CENTER OF NEW YORK

# 5K

# 8TH ANNUAL RUN/WALK/STROLLER-WALK

## WITH KID'S FUN RUN

## SATURDAY MAY 14, 2016

FOR PREGNANCY AND POSTPARTUM  
DEPRESSION/ANXIETY AWARENESS

## In Memory of Lisa Mary Reilly



**9:30AM - REGISTRATION: 8-9AM**  
**JONES BEACH STATE PARK - FIELD 5**  
**WANTAGH, NEW YORK**  
**RAIN OR SHINE**

**COMMEMORATIVE T-SHIRTS**  
**AWARDS & PRIZES**  
**MUSIC | RAFFLES**  
**POST-RUN REFRESHMENTS**  
**FLAT COURSE ON**  
**JONES BEACH BOARDWALK**  
**OVERLOOKING ATLANTIC OCEAN**

**FOR INFORMATION AND TO REGISTER**  
**AND FOR SUPPORT:**

**[ELITEFEATS.COM/UPCOMING](http://ELITEFEATS.COM/UPCOMING)**  
**EVENT: SOUNDS OF SILENCE 5K**



Event hosted by the Sounds of Silence, Friends of the Postpartum Resource Center of New York to raise awareness for pregnancy and postpartum depression anxiety/awareness and support the essential programs and services of the Postpartum Resource Center of New York.  
[postpartumny.org](http://postpartumny.org) - [soundsofsilenceny.org](http://soundsofsilenceny.org)