

# Sounds of Silence

FRIENDS OF THE POSTPARTUM RESOURCE CENTER OF NEW YORK

# 5K

# 8TH ANNUAL RUN/WALK/STROLLER-WALK

## WITH KID'S FUN RUN

FOR PREGNANCY AND POSTPARTUM  
DEPRESSION/ANXIETY AWARENESS

## SATURDAY MAY 14, 2016

## 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  
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 - soundsosilenceny.org