

A person is running on a beach at sunset. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water. The sky is filled with soft, golden clouds. The person is in silhouette, running towards the right side of the frame. The overall mood is peaceful and active.

*Being healthy and fit isn't  
a fad or a trend.*

*It's a lifestyle.*

**Event Details**

Date: Tuesday, November 1st

Time: 7:00 pm

Location: YOUniversity Education Room

**Contact Information**

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*Juice*  
PLUS<sup>+</sup>