



**HEALTH SERVICES**  
OF NORTH TEXAS  
**Medical Care for You**



# Stride n' Thrive 5K



Celebrating National Health Center Week



**SATURDAY**  
**AUGUST 8, 2026**

Check-In: 7:00 AM  
5K Starts: 8:00 AM  
Fun Run Starts: 8:30 AM



**NORTH LAKES PARK**  
**DENTON, TEXAS**

2001 W Windsor Dr.  
Denton, TX 76207



**5K RUN/WALK**  
**1 MILE FUN RUN/WALK**

All ages and fitness  
levels welcome!



**FUN FOR**  
**EVERYONE!**

Music - Vendors -  
Kids Activities - and More



**REGISTER**

**NOW**



**Register & Learn More**

[runsignup.com/Race/TX/Denton/StrideNThrive5K](https://runsignup.com/Race/TX/Denton/StrideNThrive5K)



Proceeds benefit Health Services of North Texas and support access to quality healthcare for individuals and families across our community.

THANK YOU TO OUR SPONSORS!



Scan to  
Register!

#StridenThrive5K