

INFANT SAFE  
**SLEEP**

VIRTUAL  
**5K**

AWARENESS Month

October 2023



## 5K YOUR WAY

Run, Walk, Bike, Swim, Dance, Roll, Just Move.



## Track your activity at your pace.

SAVE THE DATE FOR THIS FREE VIRTUAL EVENT



### EVENT DETAILS

1. Complete your activity anytime during the month of October.
2. Take pictures of your activity and post on social media using the **#MIMoves4SafeSleep** to raise awareness of infant safe sleep.

Go to [www.research.net/r/2023-5K-InterestSurvey](http://www.research.net/r/2023-5K-InterestSurvey) or scan the QR Code to receive more information about the Virtual 5K Your Way.



Sponsored by the Michigan Infant Safe Sleep Action Committee.