

# BELLIN WOMEN'S HALF 2018 MARATHON•5K

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## **Bellin Women's Events Present Yoga, Healthy Habits Session** *Free event aims to connect women as they train for October races*

GREEN BAY — The Bellin Women's Half Marathon & Pink Pumpkin 5K will present “Namaste & Nurse Jesse,” a free yoga and healthy habits event, from **6-7:15 p.m. Tuesday, Aug. 21** at Bellin Health's 1920 Libal St. location.

The evening will kick off with a few words from race director Linda Maxwell before Bellin Fitness instructor Katie Leiterman takes participants through a great 45-minute beginner-level yoga class. As they cool down, attendees will stretch their thinking through candid discussion with Bellin's own Nurse Jesse around this year's race theme, “Determined.”

“Our events are about running and walking, but we know there's so much more to women's lives,” Maxwell said. “Our goal is to help participants — and prospective participants — improve their health and wellbeing in a variety of areas.”

Water and light snacks will be provided. Participants are asked to bring their own yoga mats. Attendees should park on the east side of the 1920 Libal St. building and enter through the northernmost entrance, looking for the sandwich board outside and the Bellin Women's Half Marathon banner in the vestibule.

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This is the first of two wellbeing sessions being offered in advance of the fourth annual Bellin Women's Half Marathon and new Pink Pumpkin 5K event on **Saturday, Oct. 6**. Back by popular demand, race organizers will offer "Nutrition & Know-How" the evening of Wednesday, Sept. 19.

Dubbed "a race to empower women," the fourth annual Bellin Women's Half Marathon and Two-Person Relay and new Pink Pumpkin 5K event will take place Saturday, Oct. 6. The only event of its kind in Northeastern Wisconsin, the race seeks to celebrate and motivate female athletes of all levels and abilities. The focus also provides an opportunity to spotlight training and health issues specifically related to women. More information is available at [www.bellinwomenshalf.com](http://www.bellinwomenshalf.com).