



Healthy Living with SAYLA

November 2014

Lace up your snazziest running or walking shoes, and join SABA at 8 a.m. on Saturday, November 8, 2014 for the 23rd annual SABF Fun Run and Junior Jog for Justice! Race to register because the cost is \$25 until race day, when the cost increases to \$30. Register online at <https://register.iaapweb.com/Search/event.aspx?id=29611>. Questions? Dash to your phone or computer and contact: Jimmy Allison at jimmya@sabar.org or 210.227.8822. If paying by check, please make it payable to the San Antonio Bar Foundation and it mail to 100 Dolorosa, Ste. 500, San Antonio, TX 78205.

Join the SAYLA meet up running group. Tuesday, November 18th, members can meet up at 5:30 pm at the Blue Star Brewery bike racks to go for a 2 to 3 mile jog down the river. Contact Jenna Reblin, 512-297-0982 or by email if you have any questions.

The first Friday Pub Run (Friday, November 7th) theme is mustache! All are invited to dress up and meet at Pat O'Brien's downtown at 6:30 p.m.

Thank you to all of the members who donated towards and participated in the [Prevent Child Abuse Texas Walk to Action](#) on Saturday, November 1st. Our team raised over \$2,000 to support Prevent Child Abuse Texas.

Have an idea for a healthy living SAYLA event?

Please email [Jenna Reblin](#), [Nick Guinn](#), or [George Hinchey](#) if you have a suggestion for our next event.



