

Blue Bell Community's Premier 5/10K and Wellness Event!



Join us for **Blue Bell Community's Stride and Thrive 5/10K and Wellness Fest!** We're kicking off with a 5/10K and 1-Mile Fun Run followed by fitness demos, kids' activities, health screenings and so much more. That's fun, wellness, and community for all!

5/10K + 1-MILE FUN RUN

- Lace up for a 5/10K challenge or 1-mile Fun Run
- Run, walk, or jog—all welcome
- Cross the finish line to wellness
- [Click for 5/10K Registration.](#)

WELLNESS FEST

- Health & Fitness – Dozens of wellness and fitness providers/resources and activities for all ages
- Community – Local providers, health screenings, and demos
- Family Fun – Kids' activities, and entertainment

**SATURDAY
NOVEMBER 15, 2025**

7:30 am: **5K/10K**

8:30 am: **1-MILE FUN RUN**

9:00 am - 12:00 pm:
COMMUNITY WELLNESS FEST



MCCC Campus

- 340 Dekalb Pike. Blue Bell, PA
- Look for the Health Sciences Building.



5/10K Run + 1-Mile Fun Run

- 5/10K: 7:30 AM
- 1-Mile Fun Run/Walk: 8:30AM



Wellness Fest (Inside the Health Sciences Bldg.)

- 9 AM - 12:00 PM
- Dozens of wellness providers and activities



Bring the Kids!

- Wellness and fun for the kids!
- Stop by between games and activities!



In Support of Community

Proceeds support Whitpain Township's new accessible playgrounds and MCCC students in need.



SPONSORS/PROVIDERS AND QUESTIONS



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5/10K REGISTRATION:
bit.ly/bbstrideandthrive

