**Step Forward 5k Event post**

Lace-up your sneakers and raise funds to support Next Step's mission of empowering women to make confident and healthy life choices during our Virtual Step Forward 5k and get your self-care on!

Run or Walk anytime between May 8 to 15th and receive our exclusive self-care kit! Registration is $40 and includes: Self Care Kit (Cozy socks and other self-care treats to #treatyourself ! Shipping included.), Printable Digital Race Bib, Personalized Fundraising Site (optional), Weekly Training Tips & and more! Enter your race times and fundraise to earn other prizes!

Learn more and register at next-step.org/5k