



The Run OCD Out of Your Life Challenge

*Please join us on **Thursday, April 25th** at 7pm as we kickoff our
Spring training*

*Sponsored by the
**Cape & Islands Cognitive Behavioral Institute
and OCD Massachusetts,***

*runners will train to run the Cape Cod Marathon Relay, the Cape Cod Half
Marathon, or the Cape Cod Marathon in Falmouth,
all held in October of 2013.*

*All funds raised will be donated to the
International OCD Foundation*

*Runners of all ages and abilities are welcome but must have medical
clearance to participate*

*This kickoff meeting will help you to get started with a safe and effective
training schedule for whatever race you are planning on running*

For more info, please call Cape CBI at (508)457-0440

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www.CapeCBI.com