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**GET  
LOUD**

WITH **THE  
TWIST'S**  
PLAYFUL  
JEWELRY

TALKING  
*body*

THE STYLES  
THAT SAY IT  
FOR YOU

STRAIGHT  
TO THE  
POINT  
**PIECES  
WITH AN  
EDGE**

**BEAUTY &  
THE HEAT**  
SUMMER SECRETS  
FOR YOUR SKIN

*hello,*  
**HEALTHY**  
THE MENU  
HAS CHANGED

**DOUBLE  
TAKE**  
ADD-ONS THAT  
WILL MAKE YOU  
THINK TWICE



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\$4.99

*shape*  
**UP**

WORK OUT YOUR  
WARDROBE





# JOIN THE MYSCHOOLPULSE ANNUAL 5K OR 1K WALK OR RUN SUNDAY, 2 AUGUST 2015, FAQRA CLUB



**TO BRING SCHOOL  
TO HOSPITALS**

The "5K or 1K Walk or Run" is a key fundraising sports event by Myschoolpulse.

It is organized with the logistic support of the Beirut Marathon Association and the Faqra Club.

Established in June 2010, Myschoolpulse is a non-profit organization that brings free of charge school to 6 hospitals pediatric wards in Lebanon: St George hospital, Hôtel-Dieu de France, Hopital Libanais Geitaoui, Rafic Hariri Hospital, Makassed hospital and ND de Secours Hospital.

Myschoolpulse presently tutors 120 students aged 4-17 years suffering from cancer and other life-threatening illnesses. Tutoring is offered individually in the patients' hospital rooms during their treatment. Myschoolpulse also provides Art therapy sessions and computer training to children with special needs at the Oumnia Center.

86% of the Myschoolpulse students have passed class in June 2014.

With the view of supporting its mission Myschoolpulse encourages you to participate at the 6th edition of the Pulse5K.

This event is a not-to-be-missed great family outing in a privileged mountain area and in support of a good cause! For more info on the race, please visit: [www.myschoolpulse.com/pulse5k.asp](http://www.myschoolpulse.com/pulse5k.asp).

The USD 25. fee per person covers: the running bib, refreshments, open lunch buffet following the run, and "Kids activities" for the entertainment of children aged 2 to 8, while parents are running. More on Myschoolpulse: [www.myschoolpulse.com](http://www.myschoolpulse.com).

## Basic event information:

<b>When</b>	Sunday, August 2nd, 2015		
<b>Where</b>	Faqra Club (Parking & Shuttle bus provided before the Club's entrance gate.)		
<b>Time</b>	9:45 am (to have time to reach start arch)		
<b>Races</b>		Start Time	Age categories by birth year (eligible for awards)
	1K Run with Mom (for children born in 2005 or later)	10:45 am	2 categories: 2005- 2006- 2007,2008 & younger (children should be accompanied by a parent)
	5K Run	11:00 am	8 categories: 2003 & younger, 2000-0, 1991-99, 1986-90, 1980-85, 1973-79, 1965-72, 1964 & older
	5K Walk	11:05 am	
<b>Entrance Fee</b>	25\$ per ticket (children aged 3y & below are admitted free of charge and don't need to be registered)		
<b>Awards</b>	12:00 pm	1K & 5K winners will be awarded medals & prizes The award ceremony will be followed by a complimentary outdoor lunch buffet.	
<b>Registration Deadlines</b>	<ul style="list-style-type: none"> <li>For timed runners (with chip) : July 15th at 10 pm</li> <li>For untimed runners (without chip): August 2nd till 10:15 am</li> </ul>		
<b>How to Register</b>	<ul style="list-style-type: none"> <li>Online until August 1st at 6pm</li> <li>At Myschoolpulse booth in ABC Achrafieh: July 4th to July 30th, 10am to 10pm</li> <li>At People's restaurant in Faqra club: August 1st, 10am to 6pm</li> <li>At the Gathering Area in Faqra club: August 2nd, 8:30am to 10:15am</li> </ul>		
<b>Contact</b>	Ms. Patricia Tohmé +961 76370589 / <a href="mailto:info@myschoolpulse.com">info@myschoolpulse.com</a>		

