



SCAN OR  
PRESS +HOLD  
To Register



**Starting 2/24/26**

**Move More  
Feel Better  
Live Stronger**



**POWRD fuels families for optimal performance—  
at work, in the classroom, and on the field.**



**Free Groceries**



**POWRD Picnic**



**Prizes + Giveaways**



**Nutrition Sessions**



**For more info visit:**

**FATHERM.ORG/POWRD**