

# Granite Ledges of Concord

# 5K Run/Walk

To benefit the "Aging Well Alliance Fund" through Concord Hospital Trust

**August 13, 2022 | Time: 9:00 AM**

## Granite Sponsor



First 100 registrants will receive a T-shirt

Professionally chip timed by Millenium Running

Registration through August 11<sup>th</sup> - \$20 per person

Pre-registration packet pick-up at Granite Ledges:

151 Langley Parkway, Concord, NH 03301

on August 12<sup>th</sup> from 3pm-6pm

## Platinum Sponsor



Registration on August 12<sup>th</sup> and August 13<sup>th</sup> - \$25 per person (cash or check payable to Granite Ledges of Concord)

To volunteer or for more information about the Race to the Ledges 5K Run/Walk contact  
Deb Burns at 603-224-0777 or [deborah.burns@genesishcc.com](mailto:deborah.burns@genesishcc.com)

Register online at: [www.genesishcc.com/GL5k](http://www.genesishcc.com/GL5k)

Road/trail race begins and ends  
at Granite Ledges of Concord,  
151 Langley Parkway.



11<sup>TH</sup> ANNUAL RACE TO THE LEDGES

See reverse for more info...

## Granite Ledges of Concord

151 Langley Parkway | Concord, NH 03301

Phone: 603 224-0777 | [www.graniteledges.com](http://www.graniteledges.com)

Race held rain or shine (no rain date)

Joint venture with Capital Region Health Care

## Granite Ledges of Concord

At Granite Ledges, senior living means peace of mind for residents and their families. Residents enjoy the privacy of their own apartment with all the benefits of a full service community. Services such as housekeeping, meal preparation, and scheduled transportation allow residents the freedom to spend their time doing the things they love most, with the added confidence of knowing care is available should the need arise. Based on each resident's individual needs, the senior living program provides personalized assistance with activities of daily living such as bathing, dressing, and medication management. Granite Ledges is home to over 70 residents.

In addition to supporting our residents, Granite Ledges is very active in our local community. We host many events, but the 5K Race to the Ledges is our largest annual event. All of the proceeds from this race go to the Aging Well Alliance Fund through Concord Hospital Trust.

## 5K Race Benefits Aging Well Alliance Fund

Granite Ledges held its inaugural race in 2011 to sustain the Aging Well Alliance Fund. The fund supports Senior Programs in the hospital as well as our local community, the goal is to keep our older adults as safe and active as possible. The fund's programs include falls risk assessments through Concord Hospital Rehabilitation Services and the Center for Health Promotion. Assessments or screenings like the 'Seniors...Strong & Savvy' program, help identify patients in the Hospital or residents in the community who might be at risk for falling and help make changes to avoid falls.

For more information about Granite Ledges of Concord or to learn how you can help support the Aging Well Alliance Fund, please contact us at 603-224-0777.