

## WFWP Washington DC's Women History Month #FitDC HerStory Virtual 5K Run

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Every year our local chapter celebrates International Women's Day and Women's History Month with health seminars or yoga classes to empower women's health. This year because of the Covid19 regulations, we decided to join Mayor Muriel Bowser (District of Columbia mayor) in the #FitDC HerStory Virtual 5K Run which was held on Saturday March 20, 2021. This was organized by the Mayor and her partners.

Due to the current situation we were only allowed to walk or run in pairs or a small group of three to five people. We had to choose the time and designated a route. Five of us ladies walked for more than 3.1K (White House to the Mall Route). We really enjoyed walking together, and we plan to do it often.

Mayor Bowser always supports our WFWP Annual Community Day of Service, so being out there participating in her initiative she organized felt good. It shows that we are putting our vision statement into action. This time it's "Women working together to empower and promote Women's Health."