

# Families Helping Families 3rd Annual

## Super Hero Walk!

**October 14th at 10 am**

Located at the Kirkwood Community College Track

**Volunteer or Register at FHFIA.ORG**

CREATE YOUR SUPER HERO  
TEAM & CHOOSE YOUR  
COSTUME FOR OUR  
COSTUME CONTEST



**ONLY \$10!**



**FAMILIES HELPING FAMILIES**  
— OF IOWA, INC. —

**1 MILE WALK TO RAISE AWARENESS FOR IOWA'S FOSTER FAMILIES**