

SKELETON DASH 5k
STUDENT AMERICAN ASSOCIATION of OSTEOPATHY

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Hey there!

This year, SAAO is proud to announce the first annual Skeleton Dash 5k! This event will take place at Riverside Trails on Saturday, October 12th, 2019 at 6:30 PM. Our theme this year is Halloween, where we will be giving prizes to three athletes who run in the best costumes. We are looking to raise \$10,000 to help pay for travel expenses to our annual convocation event in Colorado Springs, CO.

SAAO is a vital organization at OSU-COM because it embodies the osteopathic principles that we are taught to apply when treating patients. Namely among these principles is the idea that the body is a unit and a holistic approach, including body, mind, and spirit, must be employed in order to provide optimum patient care. One of the unique ways that osteopathic physicians are able to incorporate these principles is through the practice of Osteopathic Manipulative Medicine, or OMM. OMM is a compilation of techniques, backed by a multitude of research and science, that work to restore the body's innate healing capabilities. Although applicable in many different disciplines, OMM is most notably known for its hand in restoring somatic dysfunctions and pain reduction. In short, osteopathic physicians are able to use their hands as tools when treating patients, potentially providing a service, in addition to medication, that increases patients' quality of life.

Would you consider making a donation to help sponsor our event? By giving to the Skeleton Dash 5k, you'll not only be helping us reach our goal to pay for travel expenses, but also be promoting health and wellness in our community. OSU-COM is excited to share the amazing things happening at our school with the community! If you would like to make a donation, please contact Kate Myers.

Thank you in advance for your sponsorship! We hope to see you at the Skeleton Dash 5k!

Sincerely,
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