



2017 Online Cancer to 5K Coach

Mia Horberg, 1st season

"I was introduced to the UCF through a favorite former coworker of mine who is a young adult cancer survivor and a passionate board member. Over the last 9 years, I've been helping to make running a little less daunting and a lot less boring for first-time runners with podcasts I created to follow the Couch to 5k program. My motto is: Treat yo self after your runs!"

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UCF Headquarters > 1215 East Fort Avenue, Suite 104, Baltimore, MD 21230 > Cancer changes lives... **SO DO WE!**