

PRESENTING SPONSORS:



The HealthCare Connection (THCC) presents our 4th Annual Walk to Wellness, an event that began to encourage our patients to participate in physical activity and develop more active lifestyles. This walk supports our mission to provide quality health care to everyone, regardless of their ability to pay, as well as our new **Diabetes Initiative 2009**. We hope you'll join us to fight diabetes, by adding walking to each day!

Walking for just a half an hour 5 times a week is enough to:

- Reduce the chance of developing Type II diabetes
- Reduce blood pressure
- Maintain weight loss
- Cut the risk of stroke by 33%

Every Participant must sign this waiver!

Waiver: I acknowledge and assume all risks associated with this event. I have read and fully understand this waiver and in consideration of the acceptance of my entry, for myself, my heirs, executors and assigns, I waive and do hereby release The HealthCare Connection, its employees, directors, officers, all sponsors, workers, officials, and volunteers from any and all claims, liabilities or causes of action, including without limitation, death, bodily injury, property damage or any other loss or damage whatsoever arising from my participation in this event. I agree to abide by all rules for participation and my entry at its discretion. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other media of this event for any legitimate purpose. In consideration of the safety of all participants, no headphones, skateboards, and/or skates will be allowed. Strollers will be allowed.

Participant Signature: _____

Date: _____

Course and Refreshments:

The 5K Walk to Wellness is a 3.1 mile course through the 335 acres of beautiful Glenwood Gardens, including wetlands, prairies, meadows and an array of spring flowers! For those who want a shorter "walk in the park," cut-offs that provide a shorter course are available.

Water will be available on the course, and fruit, juice, bagels and water will be available at the finish line.

How to Walk: Collect Pledges OR Pay Individual Entry Fees

Pledges for a Cause:

Walkers with \$25 or more in pledges can participate in the walk and receive a t-shirt. Families with up to three children 16 and under with at least \$45 in pledges can all walk and will receive event day t-shirts for the whole family.

In order to help us in our mission to provide quality health care to all our patients, we encourage walkers to collect pledges, in any dollar. Join us and add your support in being part of the health care "solution." Ask your friends, neighbors and family to support your efforts – by pledging \$1, \$5, \$10 or even more – to support the mission of THCC.

Individual Entry Fees:

Don't want to collect pledges – just come and walk!

\$20 pre-registered (before May 9)

\$23 walk day registration

\$35 (family groups up to three children 16 and under; limit two t-shirts)

\$5 THCC patients

T-shirts limited to walkers with pledges, pre-registered walkers and the first 25 walk day registrations.

For more information about
The HealthCare Connection
or to register online, visit
www.healthcare-connection.org
or call our Development Office at 513-483-3098.

1401 Steffen Avenue
Cincinnati, Ohio 45215



The poster for the 4th Annual Walk to Wellness. It features a large "5K" in the center, with "4th ANNUAL" at the top and "WALK TO WELLNESS - Spring into Health!" at the bottom. The background is decorated with purple and yellow flowers. Text on the poster includes: "Join us for another 'walk in the park' and our Health Fair!", "The HealthCare Connection", "SATURDAY, MAY 16, 2009", "Glenwood Gardens", and a list of participating locations: Lincoln Heights Health Center, Forest Park Health Center, and Mt. Healthy Family Practice. At the bottom right is the logo for Hamilton County Park District with the tagline "It's Great Outdoors! GreatParks.org".

