



The HealthCare Connection (HCC) presents our 5th 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.

WHY YOU SHOULD WALK:

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

- Reduce the chance of developing Type II diabetes
- Maintain weight loss
- Reduce blood pressure
- Cut the risk of stroke by 33%
- Elevate your mood and energy level and help you sleep better
- Improve coordination, flexibility, and stamina

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: _____



The HealthCare Connection's 5th Annual Walk to Wellness and Health Fair!!!

Place: Glenwood Gardens
Hamilton County Park District
10397 Springfield Pike
(Take exit 14 off I-75 and go west on Glendale Milford Rd.)

Date: Saturday, May 15, 2010

Schedule of Events:

Registration: 8:45 am – 9:45 am
Untimed 5K Walk: 10:00am
Health Fair: 8:45am – 12:00 noon

Course: 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.

Refreshments:

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

HOW TO WALK:

Entry Fees:

\$20 pre-registered (before May 1)

\$25 walk day registration

\$35 (family groups up to three children 16 and under)

\$5 registered patients of The HealthCare Connection

T-shirts limited to the pre-registered walkers only, so please return your registration and payment by May 1st.

1401 Steffen Avenue
Cincinnati, Ohio 45215



5th ANNUAL

Join us for another
"walk in the park"
and our Health Fair!

5K The HealthCare Connection
Walk to Wellness

& Spring into Health Fair

Lincoln Heights Health Center

Forest Park Health Center

Mt. Healthy Family Practice

Saturday, May 15, 2010

Glenwood Gardens



Thanks to our generous sponsors and supporters...

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IN-KIND SUPPORTERS



Designed by: HCESC's Graphic Design and Printing Department

Presenting Sponsors



For over 40 years, The HCC has been dedicated to providing quality, culturally-sensitive, affordable health care to the uninsured, underinsured, and underserved. In 1967, a small group of community volunteers, including physicians and dentists, took on a challenge – working to serve local neighborhoods as Ohio's first community health care center. Under the leadership of long-time CEO Dolores J. Lindsay, what began simply in a four-bedroom apartment has now grown to three separate sites - in Lincoln Heights, Forest Park and Mt. Healthy. In 2004, The HCC looked to address the dental care needs of our patient population by creating our Dental Center in our Lincoln Heights Health Center – fully equipped with 8 operatories to provide diagnostic, preventive, and restorative dental care. As the top unmet need for children and low-income adults in Ohio, dental care is an integral part of overall health, and we strive to meet the needs of the many uninsured and underinsured patients relying on The HealthCare Connection for both their medical and dental care needs.

Early in 2007, we broadened our service area in Greater Cincinnati, providing primary care at four behavioral health centers to better address the health care needs of the severely mentally disabled. It is our vision to be the leader in providing and managing affordable and quality health care services to meet the needs of a diverse patient population in a compassionate, creative, collaborative, culturally competent, and cost effective manner.

As you can imagine, in our current economic climate, we are faced with rising numbers of uninsured patients. Many patients have never before had to access our services; however, they have lost their jobs and their coverage and are left with few alternatives for care. Each year, the Walk to Wellness provides critical funds to support our services to the underserved. By being part of it, you help us to reach out and carry our message to the Greater Cincinnati area – ensuring that no one goes without medical or dental care.

For four years, our Walk to Wellness has drawn a wonderful group of supporters and health enthusiasts. We hope you will join us this year to celebrate our fifth 5K – because everyone deserves quality health care!



For more information or online registration visit: www.healthcare-connection.org or call 513.483.3081.

SPECIAL THANKS TO...

HONORARY WALK CHAIR Liz Bonis Local 12, WKRC-TV

WALKMASTER Lincoln Ware The Buzz, WDBZ

REGISTRATION FORM



(Use additional paper for names of other registrants)

REGISTER ONLINE! Or fill out and return this form.

Name: _____ (Last) _____ (First)

Address: _____

City: _____ State: _____ Zip: _____

Day-time Phone: _____

E-mail Address: _____

My contact at The HCC (if applicable): _____

ENTRY FEES TO PARTICIPATE:

- \$20 pre-registration (post marked May 1st)
\$25 walk day registration
\$35 family groups (up to three children under 16)
\$5 registered HCC patient

- T-SHIRT SIZE: ___ Adult Small ___ Adult Medium ___ Adult Large ___ Adult X-Large ___ Adult XX-Large ___ Keep the t-shirt! I want all of my entry fee to support your mission.

METHOD OF PAYMENT FOR ENTRY FEE:

- Enclosed is a check for \$_____ Make checks payable to: The HealthCare Connection
I am unable to participate this year but would like to sponsor a HCC patient (A \$25 donation will help 5 patients join our walk!).

MAIL REGISTRATION AND PAYMENT BY MAY 1ST TO:

The HealthCare Connection Development Office 1401 Steffen Avenue Cincinnati, Ohio 45215

SIGN WAIVER ON BACK