

**2017 Healthcare Booths
Providing Information to Our Participants**

- Dr. Christy Richardson, Diabetes Screenings
- Dr. Eboni January, OB/GYN Betty Jean Kerr Peoples Health Centers
- Dr. Denise Hooks- Anderson, St. Louis University Family & Community Medicine
- Dr. Evelyn A. Irving, Family Therapy Specialist
- Monica Tyler, LMT Optimum Rebalance Inc.
- Myrtis Spencer, Knight's Alzheimer Disease
- Research Center Community Outreach Coordinator
- Aimee James, PeCAD
- (Program for the Elimination of Cancer Disparities)
- Sifu Herb Parren, Tai Chi Instructor
- Sharon Holbrook, Monsanto YMCA
- Tim Williams, Planned Parenthood
- First Bank, Financial Fitness
- Jackie Griffin, Arts & Crafts
- Skylar A. Wilson, Skylarlicious Naturals
- Brantice C. Jefferson, Butterfly Kisses

**Volley Ball Games, Hula Hoop Contests
Arts & crafts, Face painting, Tai Chi, Refreshments, and
much more...**

Refreshments available after walk

Community Women Against Hardship

**Barnes Jewish Hospital
Ameren Missouri
Aflac
Richardson Endocrine Care
Presents**

**13th Annual
Walk- A- Thon & Health Fair**

Honorary Co- Chairs

- **Dr. Christy Richardson**, Endocrinologist, DePaul Hospital SSM
- **Dr. Denise Hooks Anderson**, St. Louis University Family & Community Medicine
- **Dr. Eboni January**, OB/GYN, Betty Jean Kerr People's Health Centers
- **Dr. Evelyn A. Irving**, Family Therapy Specialist
- **Myrtis Spencer**, Knight's Alzheimer Disease
- Research Center Community Outreach Coordinator
- **Dr. Will Ross**, Washington University School of Medicine
- *Since 1988, CWAH has provided services to over 6,000 women and children. CWAH – Family Support Center provides various educational & development programs for both adults and youths:*
- *Parent Opportunity Programs: Soup For The Soul, Computer, Fitness & Nutrition Classes with the University of Missouri St. Louis -College of Nursing students, Literacy Nights with Harris Stowe University Tai Chi , Job Readiness, Career Assessment & Counseling & many more workshops*
- *Transitional Housing Program*
- *Youth Enrichment Programs:*
- *The Institute For the Advancement of Modern American Music*
- *Fine Arts*
- *Entrepreneurship classes, and Community Outreach*
- *Non- Violent Youth Summits - Health & Wellness Programs*

Official Registration Form

CWAH Walk-a- Thon & Health Fair
Saturday May 6, 2017
8:00 a.m. Registration
Tower Grove Park – 4256 Magnolia

Name: _____

Address: _____

City/State/Zip _____

Email: _____

Team/Employer/Organization: _____

I am an individual participant _____

Check One: Female ___ Male ___ T-shirt Size _____

Signature: _____

My company has a matching gifts program:
_____ Yes _____ No

I'm interested in organizing a walk team: Yes or No

Unable to attend would like to sponsor a family: \$ _____

Registration

\$20 for adults - \$10 teens 13 – 17

kids 12 and under - free

Make checks payable to : CWAH

\$ _____ Amount Enclosed

Registration covers your CWAH t-shirt – no shirts given to kids 12 and under



PLEDGE / SPONSOR LIST
CWAH “WALK FOR LIFE” Walk –A-Thon & Health Fair
May 6, 2017 – 8:00 AM Tower Grove Park

Walker Name: _____ Phone: _____ Email: _____

Team Captain: _____ Phone: _____ Email _____

Company or Team Name: _____

Full Mailing Address: _____ City _____ State _____ Zip _____

Make checks payable to: Community Women Against Hardship [CWAH]
 CWAH, 3963 West Belle Pl. St. Louis, MO 63108

Sponsor Name	Phone #	Flat Pledge Amt.	Matching Gift

Please make sure all pledge forms are completely filled out so CWAH may contact you should we have questions, and for you to be credited correctly for the amount of funds you raised. Community Women Against Hardship (CWAH) is a 501c (3) non –profit organization located at 3963 West Belle Pl. St. Louis, MO 63108

Waiver and release: As a voluntary participant in the Walk-A- Thon & Health Fair, I understand that CWAH will not be responsible for any injuries, property damage or other losses sustained by me. I hereby release CWAH, its employees, agents/volunteers, successors and assign from any claims or actions of any nature whatsoever arising from my participation in the Walk- A- Thon & Health Fair. I agree to indemnify and hold harmless CWAH from any third party claims.

Signature: _____ Date : _____

PROVIDING HOPE FOR THOSE IN NEED



COMMUNITY WOMEN AGAINST HARDSHIP

“Empowering The Community Since 1988”

BARNES JEWISH HOSPITAL
 AMEREN MISSOURI
 AFLAC
 RICHARDSON ENDOCRINE CARE

Presents

13th Annual
WALK----- FOR -----LIFE
WALK – A- THON
&
HEALTH FAIR



May 6, 2017
8:00 Registration
 Warm Up – 8:30am
 Walk begins promptly 8:45am

Choose 1k, 3k, or 5k
Non-competitive walk/run

Tower Grove Park
 4256 Magnolia -
Grand Entrance –Son of Rest Shelter
For Details Call
 314-289-7523
 www.cwah.org