

2018 Healthcare Booths
Providing Information to Our Participants

- Aimee James, PeCAD, Program for the Elimination of Cancer Disparities
- Assured Health Services, LLC, Taria Dyson
- Behavioral Health Network, Rose Jackson - Beavers
- Betty Jean Kerr Peoples Health Centers
- Dr. Christy Richardson, Diabetes Screenings
- Dr. Jacqueline Turner, OB/GYN
- Dr. Tracy Reed, DPM – Total Comfort Foot Care
- First Bank, Financial Fitness
- Gateway To Oral Health, Dr. Pamela Jackson
- Jackie Griffin, Arts & Crafts
- Myrtis Spencer, Knight's Alzheimer Disease Research Center Community Outreach Coordinator
- Proficient Chiropractors, Drs. Xavier Tipler & Edgar Everett
- Sharon Holbrook, Monsanto YMCA
- Skylar A. Wilson, Skylarlicious Naturals
- St. Louis Effort For Aids, David Hervey
- Tim Williams, Planned Parenthood

Volley Ball Games, Hula Hoop Contests

Arts & crafts, Face painting, Yoga, Refreshments, and much more...

*****Prizes for the largest teams*****

Refreshments available after walk

Community Women Against Hardship

Barnes Jewish Hospital
Ameren Missouri
Richardson Endocrine Care
Presents

14th Annual
Walk- A- Thon & Health Fair

Honorary Co- Chairs

- **Dr. Christy Richardson**, Endocrinologist, DePaul Hospital SSM
- **Dr. Jacqueline Turner**, OB/GYN
- **Dr. Tracy Reed**, DPM – Total Comfort Foot Care
- **Myrtis Spencer**, Community Outreach Coordinator Knight Alzheimer Disease Research Center, Washington University School of Medicine
- **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: People With Purpose, Computer, Fitness & Nutrition Classes with the University of Missouri St. Louis -College of Nursing students, Literacy Nights with Harris Stowe University, Yoga , Job Readiness, Career Assessment & Counseling & many more workshops*
- *Transitional Housing Program*
- *Youth Enrichment Programs: Fine Arts, Mass Media*
- *The Institute For the Advancement of Modern American Music*
- *Entrepreneurship classes, and Community Outreach*
- *Non- Violent Youth Summits - Health & Wellness Programs*

Official Registration Form

CWAH Walk-a- Thon & Health Fair
 Saturday May 19, 2018
 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



Food, Fitness and Fun - Come and Enjoy!

PLEDGE / SPONSOR LIST
CWAH "WALK FOR LIFE" Walk -A-Thon & Health Fair
May 19, 2018- 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 TO THOSE IN NEED



COMMUNITY WOMEN AGAINST HARDSHIP

"Empowering The Community Since 1988"

BARNES JEWISH HOSPITAL
AMEREN MISSOURI
RICHARDSON ENDOCRINE CARE

Presents

14th Annual
WALK----- FOR -----LIFE
WALK - A- THON
&
HEALTH FAIR



May 19, 2018
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