



SOUTHERN INDIAN HEALTH COUNCIL, INC.
4058 WILLOWS ROAD, ALPINE, CA 91901-1620
(619) 445-1188

"Howka! Let's Go!"

"Wellness Is Traditional!"



We invite everyone to

"Walk for Wellness"

in honor of ...

"Domestic Violence Prevention Awareness"
and **"Breast Cancer Awareness"**

Join us for a 1 mile walk

October 3rd, 2013



The walk begins at 6:45am on the grounds of one of the following locations.



- Alpine Clinic
- Campo Clinic
- Barona Golf Event Center

(Before the Men & Women's Wellness Conference begins)

T-Shirts will be given to participants while supplies last.
First come first serve.

If you have any questions regarding the walk
contact Megan Lenaghan x304

www.sihc.org

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***Please Note: By attending these events/programs/services SIHC reserves the right to photograph the event, activities, and participating organizations for promotion, advertising or news reporting.*