“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
Search southernindianhealthcouncil,inc on Facebook

**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.**