

Have you completed the
**pre- and post-
questionnaire?**

Today is the first day of
the rest of your life!
Be sure to Get Fit and
Stay Healthy for yourself,
your family, and
your community!

**Get Fit,
Stay Healthy**

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 **it's my community!**

**Get Fit,
Stay Healthy**
WALK

it's my community!

Supporting  national
women's
health week

8:00 am
Saturday, May 15, 2010
One-Mile Walk
around Douglass High School



Schedule of Activities

8:00 Check-in

9:00 Rally and Warm-up

9:30 Walk begins

**After walk return to stadium for fun,
fitness, activities and snacks.**



 **it's my community!**

Special Thanks to our Sponsors!

Perry Publishing and Broadcasting, Public Strategies, Douglass High School, Integris Health, KOCO5, OK Fit Kids Coalition, Subway, Harold Hamm - OK Diabetes Center, Tinker Federal Credit Union, Statefarm Insurance – Greg Jones Agency, Prime Time Nutrition, Hometown Grocery, Otwell's Food Store, Metro Tech, Oklahoma City Police Department, Oklahoma County Sheriff's Office, Do Fitness, Aspen Athletic Club, New Union Baptist Church

Thanks to today's Exhibitors

Family Expectations
State Dept of Health - Office of Minority Services
State Dept of Health, Birth Defects Registry
Oklahoma City- County Health Department
African American Community Diabetes Prevention Partners
Oklahoma Sooner Care
OU Health Science Center Dept of Nutritional Sciences
American Diabetes Association
Guiding Right
Integrated Massage Therapy
YMCA
YWCA
Healthy Family Fun and Fitness Foundation (Kid's Zone)
Harold Hamm OK Diabetes Center
Ralph Ellison Library
VarietyCare
Healthy Alliance for Uninsured
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A New Leash on Life
Express Digital Media Corporation
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Douglass High School Alumni
Urban League
Juice Plus
Oklahoma Smiles Dental Center
Oklahoma Health Care Authority - Long Term Care Partnership
Oklahoma Health Care Authority - SoonerCare and SoonerPlan
Prime Time Nutrition
Women in Ag
Alzheimer's Association
Aspen Athletic Club
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