



# A Walk In The Park For Moms



## Fall 2016

A Walk in the Park for Moms will be a 6 week walking program that will begin on Wednesday, October 19th. The goal of this program is to promote physical activity, healthy eating and moms supporting and encouraging one another. A

healthy snack will be provided for each mom after the walk. We will be meeting at Steele Creek Park at the Broad Street parking lot at 4PM each Wednesday and walking one mile through the park. Feel free to bring your child to walk with us or a stroller to go along for the ride! This program will be FREE and a t-shirt will be provided for each mom that participates! If you would like to be part of this 6 week walking club, please fill out the form below and turn it in at Sullivan County Regional Health Department Blountville office or email it to [KHouston@sullivanhealth.org](mailto:KHouston@sullivanhealth.org) by Friday, October 14th.

**Mom's First and Last Name:** \_\_\_\_\_

**Mom's Shirt Size:** \_\_\_\_\_

**\*\* Please read the following and initial that you understand and agree: \*\***

**Photo Release (group photos throughout the Walk Club Program):** \_\_\_\_\_

**I understand that by participating in this program that SCRHD will not be responsible for transportation to and/or from the park:** \_\_\_\_\_

**I understand that by participating in this program that SCRHD will not be held liable for any injuries that may occur during the program:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



If you have any additional questions, feel free to call Kacey Houston @279-2790 or email her at the above address

Sponsored by the Sullivan County Regional Health Dept HUGS & Health Promotions programs

