

Mills-Peninsula's African American Community Health Advisory Committee invites you to

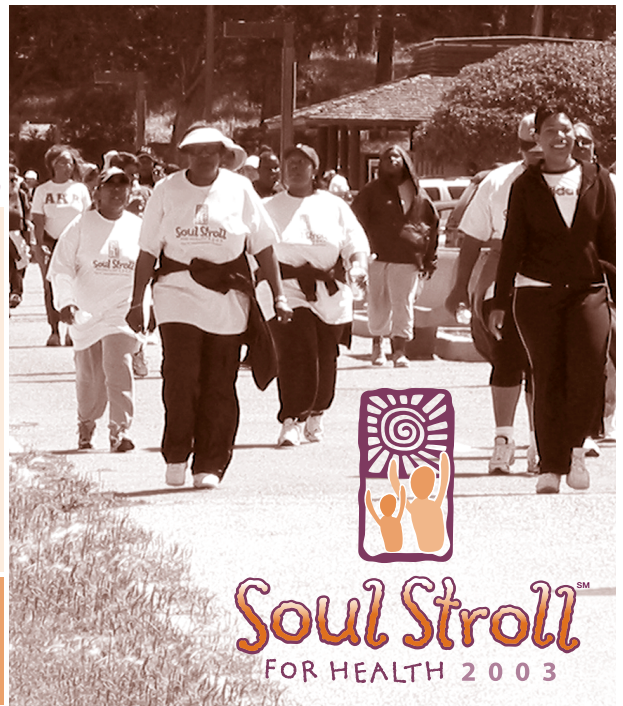
walk with us

2nd Annual

Last year, more than 500 people came to beautiful Coyote Point Park for a first ever community walk for health. This year's goal is 1,000 participants!

Join us and make **Soul Stroll for Health 2003** an even bigger success!

Meet this year's Honorary Chair and television personality, **Marla Gibbs!**



Join Marla Gibbs, along with your friends and neighbors at:

**Coyote Point Park, San Mateo
Saturday, May 17, 2003 • 10 am – 1 pm**

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*One, three and five-mile courses will be marked along the beautiful Bayfront path. Walk as little or as far as you like, at your own pace.

- * **PLUS:** FREE Health Screenings
- * **REGISTRATION IS \$15** to help cover event costs, but no one will be turned away. All participants will receive a free commemorative T-shirt, refreshments, gifts and other great prizes. No entry fee for children five and under, and no T-shirts will be provided.
- * **CHILDREN'S ACTIVITIES** will also be available.
- * Parking is **FREE**

Register by **Friday, May 9** to be entered in an **early-bird drawing!**

For more information, call (650) 696 5222 or visit our web site at www.aachac.org

PLEASE PRINT. Detach and mail with your check or money order.

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FOR ADDITIONAL REGISTRATION FORMS, VISIT WWW.AACHAAC.ORG

AMOUNT ENCLOSED
PLEASE MAKE CHECK PAYABLE TO
MILLS-PENINSULA HOSPITAL FOUNDATION

Mail to:
Soul Stroll 2003/Administration
Mills Health Center
100 S. San Mateo Drive • San Mateo, CA 94401

REGISTRATION



Soul StrollSM

FOR HEALTH 2003

SCHEDULE

9:30 am

Registration

10:15

Warm-up

10:30

Walk

Lunch following your walk

Directions to Coyote Point Park in San Mateo

When coming from the north (San Francisco)

- Use Highway 101 South
- Take the Poplar Avenue exit
- Turn right onto Humboldt until Peninsula Ave.
- Turn right onto Peninsula Ave.
- Go over the freeway, and then circle around and into the park

When coming from the south (San Jose)

- Use Highway 101 North
- Take the Dore Ave. Exit
- Immediately turn left onto North Bayshore Blvd.
- Turn right onto Coyote Point Drive to the park

SamTrans buses provide service to key destinations throughout San Mateo County and San Francisco, such as work, schools, malls, civic centers and parks. Please visit Samtrans web site to find out how you can take one of their buses to this park.

