

Join fitness expert **DONNA RICHARDSON JOYNER** for a Walk by the Bay



At the Seventh Annual
Soul StrollSM
 FOR HEALTH 2008



**SATURDAY
 MAY 17**

10 a.m. – 1 p.m.
 Coyote Point Park
 San Mateo, CA

**Free health
 screenings
 & information**

**Children's
 activities**

**Continental
 breakfast &
 lunch provided**

One-, three- and five-mile courses will be marked along the beautiful bayfront path in San Mateo's Coyote Point Park. Walk as little or as far as you like, at your own pace.

Join us and make Soul Stroll for Health 2008 another big success!

**REGISTRATION IS \$15
 (\$20 ON-SITE)**

which helps fund the African American Community Health Advisory Committee's work including free screenings

and education. Registered participants age five and older receive a free commemorative T-shirt, refreshments, gifts and other great prizes. *Free admission for children under 5.*

Register by Wednesday, May 14,
 to be entered in an early-bird drawing!



For more information, call (650) 696 4378 or visit www.aachac.org to register online.

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

GROUP/CHURCH NAME _____

FIRST NAME(S)

LAST NAME(S) / GROUP NAME

ADULT YOUTH

<input type="checkbox"/>	<input type="checkbox"/>
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ADDRESS

PHONE

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CITY

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AMOUNT ENCLOSED

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UNABLE TO ATTEND, BUT WOULD LIKE TO MAKE A CONTRIBUTION (CHECK BOX)

\$15/PERSON
 PLEASE MAKE CHECK PAYABLE TO
 MILLS-PENINSULA HOSPITAL FOUNDATION

FOR ADDITIONAL REGISTRATION FORMS, VISIT WWW.AACHAC.ORG

Mail to:
 Soul Stroll 2008
 100 S. San Mateo Dr.
 San Mateo, CA 94401

REGISTRATION



**SATURDAY
MAY 17, 2008
SCHEDULE**

- 9:30 a.m. Registration**
- 10:15 a.m. Warm-up**
- 10:30 a.m. 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 Ave. 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 the park.

Special Thanks to Our Major Contributors

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