

Join TV's **ER** star **YVETTE FREEMAN** for a Walk by the Bay



At the Eighth Annual
Soul StrollSM
 FOR HEALTH 2009



**SATURDAY
 MAY 16**

9:30 a.m. – 1 p.m.
 Coyote Point Park
 San Mateo, CA

**FREE
 PARKING!**

**Free health
 screenings
 & information**

**Children's
 activities**

**Continental
 breakfast &
 lunch provided**

*(Carpooling is
 encouraged as
 construction
 detours may
 cause delays)*

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 2009 another big success!

**REGISTRATION IS
 \$15 PER PERSON
 (\$20 ON-SITE PER PERSON)**
 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 Sunday, May 10,
 to be entered in an early-bird drawing!



**For additional registration forms or for more information,
 call (650) 696 4378 or visit www.aachac.org**

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

ADDRESS

PHONE

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CITY

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STATE

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E-MAIL

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AMOUNT ENCLOSED

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**Mail to:
 Soul Stroll 2009
 3377 Deer Valley Rd.
 #336
 Antioch, CA 94531**

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

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

FOR ADDITIONAL REGISTRATION FORMS, VISIT WWW.AACHAC.ORG

REGISTRATION



**SATURDAY
MAY 16, 2009
SCHEDULE**

**9:30 a.m. Registration
10:15 a.m. Warm-up
10:30 a.m. Walk
Lite lunch following your walk**

Directions to Coyote Point Park in San Mateo

When coming from the north (San Francisco)

- Use Highway 101 South
- Exit Broadway/Burlingame
- Go over freeway and turn right onto Airport Blvd.
- Proceed on Airport Blvd for approximately 3 miles
- Make a left turn onto the entrance to Coyote Point 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

(Carpooling is encouraged as construction detours may cause delays)

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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Gloria & Arthur Brown

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