



SAVE THE DATE
SATURDAY, MAY 15
10AM – 1PM
Coyote Point Park
San Mateo, California



The Third Annual Soul Stroll for Health is part of Mills-Peninsula’s African American Community Health Advisory Committee’s “Building a Healthy Body and Soul Project,” the first partnership with African American, Hispanic and Pacific Islander churches to encourage good nutrition and physical activity as keys to better health.

Join Danny Glover, your friends and neighbors for a walk on a one-, three- or five-mile course marked along the beautiful Bayfront path in Coyote Point Park. Walk as little or as far as you like, at your own pace.

\$15 Registration Fee
 FREE Health Screenings
 Children’s Activities

Breakfast and Lunch Provided
 FREE Parking



JOIN
Danny Glover
FOR A WALK
BY THE BAY!

FOR MORE INFORMATION
www.aachac.org



Community Partners

Mills-Peninsula Health Services • Bay Area Community Development Corporation/Alpha Phi Alpha Fraternity • Chums, Inc., San Francisco Bay Area Chapter
 San Francisco – Peninsula Alumnae Chapter, Delta Sigma Theta Sorority • Delta Zeta Omega, Alpha Kappa Alpha Sorority • Dukes and Duchesses Scholarship Fund
 The Links, Inc. – Peninsula Chapter • Mu Kappa Kappa, Omega Psi Phi Fraternity • NAACP, San Mateo Branch • University of California Cooperative Extension