

WANTED!!!

Health Freedom: A Path to Wellness Walking Group Leaders!

- * Start a 6 week walking group
- * Raise funds for your organization or church
- * Celebrate your improved fitness at the Health Freedom Walk
- * When: Saturday June 13, 2009
- * Where: Woodlawn Cultural Park
16501 Norwood Road Sandy Spring, MD 20860
- * Group leader training, incentives, and support provided

See back for details



Montgomery County
RECREATION
DEPARTMENT



African American
Health Program

BETAH
Associates, Inc.

Health Freedom: A Path to Wellness

Seeking Community Volunteers to Lead Walking Groups
Training and incentives provided.

The African American Health Program invites you to ***Begin Your Journey*** and start a Circle of Friends Walking Group at your church, worksite or organization. The training will be provided by the Health Freedom: A Path to Wellness.

Your ***Preparation to Wellness*** starts with 6 weekly one-hour sessions designed to motivate your group to get in shape and stay fit.

Weekly Sessions Include:

- Health and wellness information
- History lessons of the Underground Railroad
- Weekly gifts to all members

Your group's commitment and accomplishments on their journey to wellness will be celebrated at the ***Health Freedom Walk on Saturday, June 13, 2009*** (Rain Date: June 20) at Woodlawn Cultural Park in Sandy Spring, MD 20860

Throughout the year, we encourage the group to continue their journey to wellness with **monthly meetings for motivation and group support.**

As a fund-raising opportunity: Your Circle of Friends group can raise funds for your church or organization by having your group collect donations from sponsors.

Be a part of this exciting adventure to a new and healthier you and develop leadership and fitness skills along the way.

When: Monday, March 23rd & Thurs, March 26th (both sessions required) 6pm-9pm at Colesville Center 14015 New Hampshire Avenue Silver Spring, MD 20904 **OR** Saturday, March 28th 9am-4pm at Department of Recreation 4010 Randolph Road Silver Spring, MD 20902

To sign up, call the African American Health Program at 301-421-5445 or visit www.onehealthylife.org or www.healthfreedominc.com