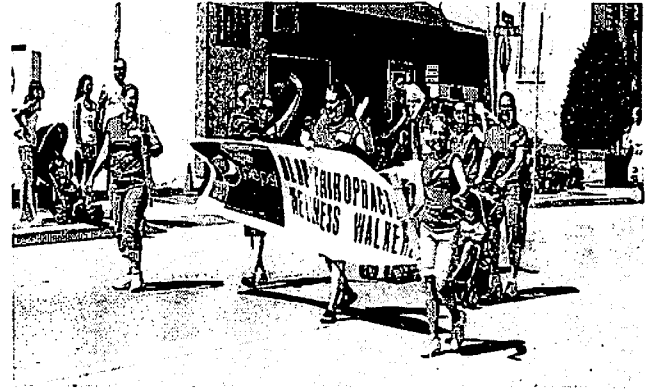


Community Wellness Walks



Wellness Walkers in the 2010 Independence Day Parade

April 2011

Thank you for your interest in the Community Wellness Walks. Teams competing for the Stinky Shoe Award and casual walkers on the levee recorded more than 10,000 total miles in the summer of 2010. With your support, we're confident the walks will grow even bigger and continue to lead our community towards healthier lifestyles and healthier residents.

What's up for 2011?

Stinky Shoes are back! Will your business be the one to proudly display the *Stinky Shoe* trophy?

To encourage friendly competition and get people walking more, local businesses or families will be able to form teams of 2-10 walkers and log miles all summer long. Throughout the summer, walkers will get updates with a leader board at the walks and weekly emails announcing the leaders. Winners will be presented with a traveling "*Stinky Shoe*" Trophy at the Taste of Portage on Sat., August 27th.

Bonus Miles: There will again be opportunities to earn bonus miles for teams. There will be three opportunities to earn bonus miles by joining Judy Eulberg for a guided walking tour of historic downtown Portage at 10am the first Saturday of each month – June 4, July 2 and August 6. A guided walk at the Historic Indian Agency House will be held in June for more bonus miles, and even more mileage can be racked up by joining the wellness walkers in the Independence Day Parade July 2.

Monthly Fun: As an incentive to sign in at the walks and record mileage, we'll be offering door prizes to all who register! Please contact Rachel if you are interested in donating a prize.

This year, we are again promoting and encouraging: socialization during and after the walks; use of Portage area trails; and the many opportunities Portage has to offer. We hope you'll join us in our quest to make Portage a healthier community, and that you will create a team to promote healthy lifestyles in your business. Join the fun and see how stinky your shoes can get!

Sincerely,

Rachel

Rachel Seltzner – Walk Coordinator



Sponsoring the Community Wellness Walks is a great way to promote health and get community exposure. **There is no cost associated with sponsorship, just your presence and participation.** Please let us know which dates (and how many days) you'd like to sponsor. Return this registration early for the best chance at getting your preferred date(s). To ensure your business/organization's name appears on promotional materials, please respond by **May 9, 2011**. Confirmation packets with your selected dates, instructions for walk nights and flyers promoting the walks will be delivered mid-May.

Business Name: _____

Mailing Address: _____

Contact Person: _____ Phone: _____

Email: _____

Yes, we are interested in sponsoring the Community Wellness Walks!

Yes, our business would like to have a team (or teams) participate and compete for the Stinky Shoe Award! (Team Registration form and other details included in this packet.)

Please mark the dates below, in order of preference, that you'd like to sponsor and be present at:

June 1 _____ June 8 _____ June 15 _____ June 22 _____ June 29 _____

July 6 _____ July 13 _____ July 20 _____ July 27 _____

Aug 3 _____ Aug 10 _____ Aug 17 _____ Aug 24 _____

Is there anything your group would like to promote at the walks?

What items/materials/techniques do you expect to use to promote your group or topic?

Submit to:

Blau Family Chiropractic - ATTN: CWW

641 Latton Lane, Portage WI 53901

608-742-1300

Or, you can FAX to 745-0147 or EMAIL: rachel@blauchiropractic.com

More details can be found at www.blauchiropractic.com under the Wellness Walks tab!