



**SHAPEUPUS.ORG**  
Building a Healthy Future

and



HealthCorps'  
Highway to  
Health Festival

present

# SHAPE UP Arizona!

## The BEST WELLNESS EXPO

presenting  
sponsor



Banner Health  
Cardon Children's  
Medical Center



Kids, Teens, Parents,  
Teachers & Seniors...  
Join us for a Day of Fun for Everyone!

### A FREE, FUN FAMILY EVENT!

#### FEATURING:

- ★ 101.5, Eric James, and KidStar Radio
- ★ Meet the Sun's Gorilla, Baxter, Howler & More!
- ★ Fabulous Food!
- ★ Teens Challenge
- ★ Women's Health
- ★ Rock Climbing Wall and Disney Inflatables
- ★ Boot Camp Workout with Sione & Filipe Fa the Biggest Losers (Season 7)
- ★ 2 Stages and 60 Booths
- ★ FREE Give-A-Ways, Raffles...and much more!

**Date: Saturday, April 10, 2010**

**Time: 10:00 am to 3:00 pm**

**Place: Mesa Community College  
1833 West Southern Ave.  
Mesa, Arizona**

**Price: FREE!**

[momslikeme.com](http://momslikeme.com)

#### 1 & 2 Mile Family Fitness Fun Walk

**DATE: Saturday, April 10, 2010**

**DISTANCE: 1 & 2 miles**

**REGISTER: 9:30 am**

**STRETCH: 9:45 am**  
with *SpongeBob SquarePants*  
& *Dora the Explorer*

**WALK BEGINS: 10:00 am**



Star Sponsors: AZ Global Wellness ★ AZ Max ★ Bear Essential News ★ Chipotle ★ Harkins Theatres ★ Kangen Water  
★ Macdonald Orthodontics ★ Rio Salado College ★ Safeway ★ Slim & Fit ★ Sunflower Market ★ Westcor

[www.ShapeUpUS.org](http://www.ShapeUpUS.org) ★ 602-996-6300