

# Shape Up Arizona

## Wellness Expo



April 10, 2010



Sponsored by



Banner Health

Cardon Children's  
Medical Center

HealthCorps'

Highway to Health Festival

### Step Into Fitness Fun Walk

- 1 and 2 miles (*scenic trail around campus-to meet everyone's ability level*)
- On-site registration begins at 9:30am
- Stretching and warm-ups led by **SpongeBob SquarePants** and **Dora the Explorer**
- Walk begins at 10am
- WALK IS FREE (*T-shirts can be purchased for \$8 per shirt*)

### The BEST WELLNESS EXPO in Arizona

- **FREE**
- 50+ vendors
- 2 stages of entertainment
- Raffles and more
- 9:30am-3pm

Mesa Community College  
1833 W Southern Avenue  
Mesa, Az 85202



### REGISTRATION

*Pre-Registration is accepted and guaranteed a t-shirt thru April 5th.*

Pre-registration is required in order to receive t-shirt. Walk is free, T-shirts can be purchased for \$8 per shirt.

Please call 480-644-2863 for more information.

Registrations will be accepted by mail: Mesa's Shape Up Arizona PRCF, 200 S. Center St., Building I, Mesa, AZ 85210 or drop off at Mesa Parks & Recreation, 200 S. Center St., Building I, Attention: Cindy Hunt.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ q M q F Shirt size: Youth q S q M q L Adult q S q M q L q XL q XXL

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Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

\*(We will not share your e-mail address with any other organization).

As a participant in Shape Up Arizona, US, I recognize that activities of a physical nature involve some risk. I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrator waive and release any and all rights and claims of damages I may have against, Shape Up US, Mesa Community College, Cardon's Children Medical Center and the City of Mesa, its representatives, successors and assigns for any and all injuries suffered by me while participating in any Fit City event. I know of no medical condition that will restrict me from participating in these events.

\_\_\_\_\_  
Signature (*parent's signature required if under 18 years old*)