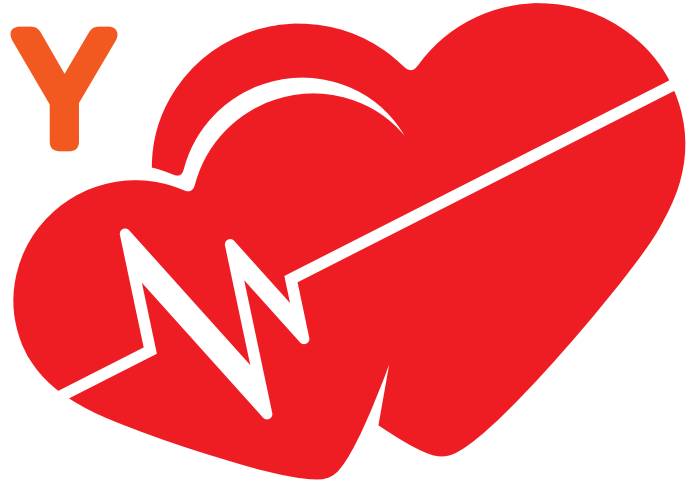




**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# HEALTHY HEART WALK



Join us for an exciting day of walking, shopping and festivities! We are kicking off the day with our first annual Healthy Heart Walk. This walk is a 2 mile route designed to raise money for our community, youth and wellness programs as an effort to further you and your family's healthy living journey. Following your walk, you will receive Y swag (T shirt and drawstring bag) and a medal customized by our youth department. If you are not walking, there is still plenty to enjoy! We will have our annual soup cook-off, many vendors to shop with, activities for the kids, a photo booth and so much more! All ages are welcome - under 5 is free!

**WHEN:** February 23, 2019

**TIME:** 10:00am - 2:00pm

**LOCATION:** CAROLINE FAMILY YMCA  
17422 Library Blvd.  
Ruther Glen, VA 22546

**PRICING:** \$25 for walk participants (includes the Y swag, entry fee, and soup tasting)  
\$30 for race day sign up  
\$10 entry fee for non-walkers (includes all other activities)

Pre-registration for walkers is due by February 9th to guarantee your apparel.

**CONTACT:** Laurie Andrews, Wellness Manager  
(804) 448-9622 ext 4011  
lsmithandrews@family-ymca.org



## **STAFF SOUP CONTEST**

Taste a variety of soup made by our staff and vote on your favorite! Soup tasting is included with your entry fee!