

6th Annual Washington Shores

# 5K WALK & HEALTH FAIR

MARCH 10, 2012  
HANKINS PARK  
1340 LAKE PARK COURT



CHECK IN - 8:00 AM  
WALK BEGINS - 9:00 AM

**WALK TEAMS ARE FORMING NOW!**

Churches, schools, organizations, businesses,  
and individuals are welcome to participate.

*Prizes will be awarded!*

**Other Activities Include:**

- \*Health Screenings \*Healthy Snacks
- \*Cooking Demonstration \*Hula Hoop Contest
- \*Rock Climbing Wall
- \*Stepping Demonstration \*Martial Arts Demonstration
- \*Zumba \*Massages \*Yoga

Join us for fitness, fun, and fellowship!

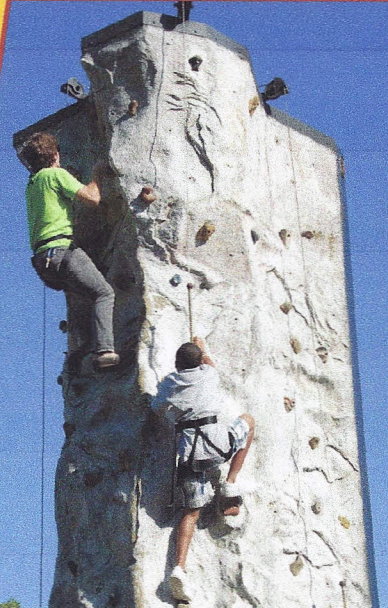
Register Online at [www.orchd.com](http://www.orchd.com)

Questions: 407-858-1464



## FREE

Activities for all  
ages and fitness levels



**all in.**  
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Commissioner Samuel B. Ings

