



1000 Lower East Side Families and Friends Expected to Participate To Raise Funds and Awareness for Local Girls' and Women's Health Programs

VISIT US ONLINE at www.girlsclub.org!

The Lower Eastside Girls Club Walk-a-thon for Girls' and Women's Health is a 5K Walk-a-thon through the Lower East Side / East Village to raise awareness of girls and women's health issues and funds to support the Lower Eastside Girls Club. The Walk-a-thon will take place on Saturday May 14th, 2011 from 9:00 a.m. - 1:00 p.m. ending with a finish line health fair and celebration in First Street Park (1st Street between 1st and 2nd Avenues). We expect over 1000 children, teens, their families, and Girls Club supporters to join us.

The Walk-a-thon will end with a Block Party and Health Fair at 1st Street park where you can buy a plate of healthy lunch made by local moms, have free team portraits taken by teen girls in our photo class, consult with health and nutrition experts in a variety of fields, and access free health resources.

The event will help raise much-needed funds to support Lower Eastside Girls Club health, nutrition, and environmental education programs for low-income girls and young women. These include a community farmers market, healthy cooking classes, farm trips, and environmental education workshops. Each \$2,500 raised supports a full year of programming for one girl; \$1,500 supports school year programming; and \$1,000 supports summer programming. The new sustainably-built Lower Eastside Girls Club Center for Community will open in 2012.

WANT TO PARTICIPATE You can track donors and participants through the new event website at www.girlsclub.org

- **CAPTAIN A TEAM!** Team captains recruit at least 10 friends, co-workers, relatives, neighbors and acquaintances (each of whom raises a minimum of \$100) to walk together, so that **each team will raise a \$1,000 or more!** Each team will be paired with a Girls Club member "co-captain." Teams will compete for prizes in several categories including: most members, most funds raised, most creative, and most spirited.
- **JOIN A TEAM!** Team members are each responsible for raising \$100. We encourage participants to donate \$100 to walk or raise this amount through donations of \$10 (or more) from at least 10 friends.

EVENT DETAILS:

- Saturday, May 14th 2011
- Registration: 9:00 a.m. – 10:00 a.m. @ PS 20 playground (Essex betw. Houston / Stanton)
- Kick off: 9:45 a.m.
- Walk-a-thon: 10:00 a.m. – 11:30 a.m. through Lower East Side / East Village.
- Health Fair and Block Party celebration: 11:30 a.m. – 1:00 p.m. at First Street Park on East 1st Street between 1st and 2nd Avenues.

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PAST EVENT SPONSORS:



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