

# WALK CATAWBA VALLEY

A CATAWBA VALLEY MEDICAL CENTER PROGRAM

## 2008 Kickoff First Anniversary and Awards Ceremony

**Saturday, February 2 10 a.m. to 12 noon**  
**Catawba Valley Medical Center's Health First Center**  
Lower level beside Belk, Valley Hills Mall

Whether you walk for exercise around the block, in the mall or on the treadmill, we will be celebrating a year of healthy walking through Walk Catawba Valley at this event marking the end of the program's first year. Please join us for health screenings, refreshments and a morning full of activities and events to support good health through walking! And if you're not already a member of Walk Catawba Valley, now's the perfect time to sign up to walk this year so you can celebrate your accomplishment in February 2009!



You are also welcome to sign up at this event for "Families Fit For Life." The first 60 family teams that meet the requirements and enroll will receive education on physical activity and nutrition as well as gain skills and tools to be healthy. At the end of the 10-week program, a closing ceremony will be held to reward the family with the largest weight loss average. Prizes include: 1st place: \$500 and a 6-month full family membership to the YMCA; 2nd place: \$300 and a 3-month full family membership to the YMCA and 3rd place: \$200.

## The WALK Celebration

### Schedule of events

- "Puttin' On the Dog" Dog Fashion Show
- "Ouch!" Injury Prevention Presentation
- Heart Healthy Kids Jump Rope Competition
- "Protect Yourself" Self-Defense Demonstration
- "Eating for Energy" Cooking Demonstration
- Annual Walk Catawba Valley Awards Ceremony
- Most Miles Walked by Age and Gender (26 Total Awards)
- Master of Ceremonies, DJ Super Fly

### Free Screenings

- Blood pressure checks
- Blood Glucose checks – non-fasting
- Body Mass Index checks

### **Door Prizes Awarded--You Must Be Present To Win!**

For those who have been members of this first year of Walk Catawba Valley, please bring or send your 2007 Walk Catawba Valley Log Sheets to The Health First Center at Valley Hills Mall by January 18, 2008.

**Mailing Address:** Health First Center  
c/o Catawba Valley Medical Center  
810 Fairgrove Church Road SE  
Hickory, NC 28602

**Fax :** 828-485-2304

For more information on Walk Catawba Valley, please call the Health First Center at 828-485-2300.  
To learn more about Families Fit For Life, visit [www.catawbacountyhp.org](http://www.catawbacountyhp.org) or call 828-695-5861.