



# JuneteenthOhio

1511 E. Livingston Avenue Columbus Ohio 43205 (614 258-4633)

Dear Community Leader!

You are invited to attend the 5<sup>th</sup> Annual Unity Walk For Wellness. We are requesting that you bring your best sneakers, plenty towels, headbands, water flask, sweat suit, and all loved ones to the 5<sup>th</sup> Annual Unity Walk For Wellness. To commemorate 150 years of freedom Juneteenth Ohio is requesting that you and your group will be present and ready for the unity walk for wellness.

On Saturday June 15<sup>th</sup> 2013 beginning at 9:00 am we will be walking 3 miles in solidarity around Franklin Park to shape up the mind, body, and spirit. Join us in the spirit of taking back our health, with nutritional information, health education, screening and testing. Help us make good health the #1 priority in our families and communities.

Not much has been done to remove the triggers of stress in our lives, but what we can be responsible for is how we choose to cope with it!

The unity walk for wellness is a great opportunity for your church, civic/social organization, and business to take part in shaping up.

The 5<sup>th</sup> Annual Unity Walk For Wellness is recruiting communities young, and old around the City Of Columbus to participate in this well meaning event. The Juneteenth Ohio unity walk for wellness is a great opportunity for your group to receive community service purpose. The Unity Walk for Wellness is an urban health initiative to motivate our community leaders on taking action to close the health gap, among the poor. What better time and event to begin leading, healthy life style activities for you and the entire community.

To participate simply go to Juneteenth Ohio.net, click on Unity Walk page, download application, complete application and return to [Juneteenthohio@fuse.net](mailto:Juneteenthohio@fuse.net), or you can mail in your application to Juneteenth Ohio 1511 E. Livingston Columbus Ohio 43205. If you are registering a group, you will need to complete the application and attach your list of names of the persons participating. We can then sign them in during the unity walk for wellness taking place June 15, 2013 Franklin Park 8:00 am near the main stage. On line you can receive a registration and a disclaimer form just complete the form and return. It's as easy as shaping up!

Sincerely

Damon Mentor  
Coordinator Juneteenth Ohio Unity Walk For Wellness