

WALKERS CAN LOOK FORWARD TO:

- A beautiful day! The walk will be held rain or shine.
- An accessible walkway for strollers and wheelchairs.
- Food, beverages, music, activities and prize drawings immediately following the conclusion of the walk.
- A chance to win prizes for every \$50 that you raise or donate.
- A Highmark Walk for a Healthy Community T-shirt if you donate or raise at least \$30 or more and attend the event.

If you support LifeSpan in this event and donate \$30 you will also receive a LifeSpan T-shirt.

For more information about the Highmark Walk for a Healthy Community, please visit the website at

www.walkforahealthycommunity.org

Go to: Pittsburgh Event

Register or Donate

Scroll down to LifeSpan

Company List Page—LifeSpan

Choose your Team



Resources and Services for Seniors

314 East 8th Avenue
Homestead, PA 15120

412-464-1300

Fax: 412-461-7118

TTY: 412-461-0769

MISSION:

To offer resources, programs and services that promote healthy and dignified living.

Programs & Services

Care Management

Center Services

Meals on Wheels/HDM

THANK YOU FOR YOUR SUPPORT!

www.lifespanpa.org

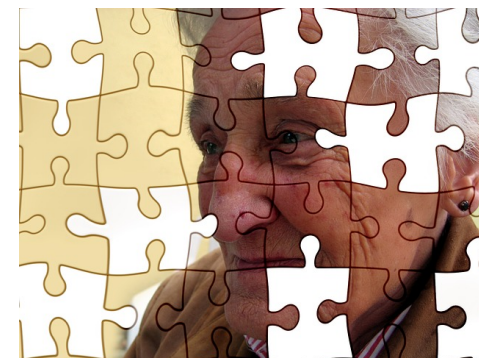
www.facebook.com/LifeSpanSvsPA

HIGHMARK.



WALK FOR A HEALTHY COMMUNITY

SATURDAY, MAY 12, 2018
Stage AE—Pittsburgh, PA



You can help put the pieces together.

DONATE—WALK—SUPPORT

#LifeSpanWalks



SATURDAY, MAY 12,
 2018 Stage AE—
 Pittsburgh, PA
 Benefiting Local Nonprofit
 Organizations

Registration: 7:45 am
 5K Walk Start: 9:00 am
 One-Mile Fun Walk Start: 9:15 am

The Highmark Walk for a Healthy Community benefits health and human service nonprofits. While there is no registration fee for the walk, all participants are encouraged to fundraise. Because Highmark Blue Shield underwrites the cost of the walk, 100 percent of money raised goes directly to the organization of your choice.

HOW TO REGISTER AND DONATE

How to Register

1. Visit www.walkforahealthycommunity.org
2. Choose your walk location.
3. Select the organization that you would like to support.
4. Register to walk as an individual, a virtual walker, a family, join a team or form a team of your own.

You can also register by mail by completing the attached Walker Registration form and sending it directly to the participating nonprofit you have selected.

How to Make a Donation

1. Make a donation or pledge online at www.walkforahealthycommunity.org.
2. Mail your donation directly to the participating organization of your choice.
3. Turn in your donations on the day of the walk.

PLEASE DO NOT MAIL YOUR DONATIONS TO HIGHMARK.

REGISTRATION FORM

Last Name: _____

First Name: _____

Age: _____

Address: _____

City: _____

Zip Code: _____

Phone: _____

E-Mail: _____

IF APPLICABLE

I cannot participate, but please accept my donation. (check payable to selected organization).

I am employed by a Highmark Health Company.

Employee ID Number: _____

Disclosure: I hereby waive all claims against Highmark Health, its affiliates and subsidiaries, and all sponsors, charities, or personnel involved in the walk of any injury that I might suffer at this event. I attest that I am physically fit and prepared for this event. I grant full permission for Highmark Health, its affiliates and subsidiaries, and participating organizations to use photographs of me in the accounts and promotions of this event.

Signature: _____

Date: _____

Parent or Guardian Signature (if registrant is under age 18): _____

Date: _____

T-shirt Size S M L XL
 XXL