WOMEN IN WELLNESS

Be Bold, Brave & Brilliant

JOIN OUR TEAM!

The Baltimore Women's Classic 5K Run/Walk

is the oldest women-only run in Baltimore and focuses on promoting healthy living while bringing awareness to women's health issues. Proceeds help the organization provide support to women in treatment for gynecological cancers. Participants can run or walk.

Join the Women In Wellness Team! As a participant in the event, you can join the BWC training program, with a number of locations around the area (including Goucher College, right across the street from Women in Wellness). Check out the BWC website for the details.

In addition to the BWC training program, Women in Wellness team members will receive a **free, well-rounded 7 week program of support, exercise classes & nutritional education** to help prepare you for the 5K (3 mile) event. We are offering these drop-in, optional but highly recommended classes from **May 3th – June 21st, 2011**. (See the back for details!) Email kidada@womeninwellnessmd.com for more information.

Visit BWC's site (www.baltimorewomensclassic.com/registration.html) to register online or by mail. Registration forms are also available at the Women in Wellness office. When registering please state Women in Wellness as your team and Kidada Fields (kidada@womeninwellnessmd.com) as your team captain.

Fundraising is optional. Participants can collect pledges online through BWC. You can also collect pledges and submit them on race day with pledge sheet.

If running or walking does not appeal to you, please consider **volunteering** on the race day. We are looking for 15 volunteers to help out at the water station. Your efforts will help thousands of women stay hydrated as they move closer to the finish line. Sign up to volunteer with Cara Michele at cm@womeninwellnessmd.com .

The event is **June 26th, 2011 at 8am Rash Field**, downtown Baltimore. We commend you for taking a stand for your health while raising monies to help women dealing with gynecological cancers.

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Important Preparation Dates

****The following are activities created with you in mind. All classes are drop-in, not required but highly suggested to help you prepare for the BWC Run/Walk.****

Meet us at the Women In Wellness Office: 1014 Dulaney Valley Rd., Towson, MD 21204

Training Activities & Dates

Days	Time
Tuesday Evenings (May 3rd – June 21st)	
Stretch & Strengthen	6:00 pm- 6:30 pm
Aikido	6:30 pm – 8:00 pm
Saturday Mornings (May 7th – June 18th)	
Stretch & Strengthen	9:30am – 10 am
Walk or Run	10am – 11 am
Aikido	10am – 12 pm

Nutritional Support

Topic	Date & Time
Nutritional Info Class	Sat. May 14th at 1 - 2:30pm
Grocery Store Tour & Cooking Class	Sat. June 10th 1pm- 4pm

Other training opportunities are available directly through the Baltimore Women's Classic. Visit www.baltimorewomensclassic.com for more details.