

**3rd Annual**  
**Warford Walk**  
**For Wellness**

*& Healthy People Celebration*

**Saturday, May 19, 2012**

**Poncitlán Square**

38315 9th Street East, Palmdale  
(between Avenues Q-9 and Q-10)



Join AV Press Columnist Bill Warford  
for this exciting FREE event!

**The Warford Walk - 8 to 9:30 am**

- 5k (3.1 miles)
- Register at 8 am
- Meet at Poncitlán Square Gazebo
- Stretch at 8:40 am

**What to Bring**

Please bring a hat, water bottle and this form with you on the day of the event. When you register you will receive a bright wrist band so you will be able to participate. Everyone will be able to participate in a fun and energetic stretch time to prevent injuries. Registration will take place the day of the event.

**Healthy People**  
**Celebration Events - 9:30 to 12:30 pm**

- Community Resource Information
- Healthy Vendors
- Entertainment
- Health and Wellness Demonstrations
- Fun Activities for Children

**For more information**

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**Website: [www.avph.org](http://www.avph.org)**

**Event**  
**Sponsors**

