



# The Life Enrichment Center at Oyster Bay

45 EAST MAIN STREET • OYSTER BAY, NY 11771 • 516-922-1770

## 10th Annual Wellness Walk & Brunch Saturday, September 19, 2015

*Rain or Shine*

### Join us for Fitness Walks led by our Instructors!

Proceeds from the Wellness Walk will enable us to expand Senior services and introduce exciting new programs to the community. Invite your family, neighbors and friends to join you to support the Center!

Meet our Fitness Instructors and choose your walk:

#### 3 Mile "High Fitness" Walks:

8 am Registration

8:30 Warm up sessions with instructors

8:45 "Power Walk" with **Terry Aquilino**

OR "Cardio Interval Walk" (rolling hills) with **Judi Pullman**

#### 1 Mile "Low Impact" and "Beginner" Walks:

9 am Registration

9:30 Warm up sessions with **Spencer Gee** and **Amy Singh**

9:45 "Ease back in to Shape" with **Carol Rodriguez** OR "Leisurely Walk" with **Mary Frignani**



#### Brunch:

10:30 **A "Heart & Brain Healthy" Brunch**,  
followed by our raffle drawing!

**Fee:** Adults \$20 • Children under 16 \$10  
Free for children in strollers  
*Includes T-shirt*



----- Cut here ----- Please return Registration form with payments to Life Enrichment Center ----- Cut here -----

### Registration Form

Name \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_

Address \_\_\_\_\_

I cannot attend, enclosed is my donation \$ \_\_\_\_\_

\_\_\_\_\_

Mastercard \_\_\_\_\_ Visa \_\_\_\_\_ Exp. Date \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

Acct. # \_\_\_\_\_

Waiver: I hereby waive all claims against The Life Enrichment Center for any injury I might suffer in this event. I attest that I am physically fit and prepared for this event. I grant full permission for the organizers to use photographs and quotations from me in legitimate accounts and promotions of this event.

\_\_\_\_\_  
Signature of Walker  
(Signature of parent or guardian, if less than 18 yrs. of age)

Please make checks payable to **Life Enrichment Center**. Return completed Registration form with payment to:

The Life Enrichment Center • 45 E. Main Street • Oyster Bay, NY • 11771

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www.lifeenrichmentcenteroysterbay.org