



## The Center for Wellness and Cardiac Rehabilitation Walk for Fun and Fitness!

Please join us for a morning of camaraderie, exercise, and fundraising!

**8:30 am – 11:00 am**

**Saturday, September 9<sup>th</sup>, 2023**

**Elizabeth Park across from Pond House Entrance, West Hartford, CT**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

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

For a tax-deductible donation, please make a check out to:

**Saint Francis Foundation**

Donation Amount:  100.00  50.00  25.00 Other: \_\_\_\_\_

### Event details:

- Registration begins at 8:30 am across from the Pond House in Elizabeth Park.
- Walk will begin at 9:00 am, light rain or shine!
- Walk Hot Line: Call 860-714-4538 for questions, recorded updates/cancellations.

### Two ways to register:

- Mail in this form, signed waiver and check to: **Saint Francis Foundation, 95 Woodland Street, 2<sup>nd</sup> Floor, Hartford, CT 06105**
- Register online at <https://giving.saintfrancisdonor.com/cardiac-rehab-walk>
  - In addition, **print out the waiver and bring it to the walk.** Credit cards are accepted online.