

Presented by the City of Jacksonville and Florida Blue

# Mayor Brown's

## Walk for Senior Wellness

Saturday, March 1, 2014

Metropolitan Park

**Walk:** The 1.5-mile route starts at Metropolitan Park, follows Everbank Field and the Baseball Grounds of Jacksonville, back to Metropolitan Park.

**Lunch:** After the walk, enjoy lunch and the chance to win prizes.

**Register:** Please be sure to complete the registration form by Feb. 24 to secure your free lunch and t-shirt. All those entering must participate in the walk.

**(First 500 will be registered. Must be 60 or over and live in Duval County to be eligible. Sorry...no children).**

### Activities Schedule

**9:00 a.m.:** Check in at Metro Park (1410 Gator Bowl Blvd.)

**9:45 a.m.:** Warm up & Stretches

**10:00 a.m.:** Walk Begins

**11:00 a.m.:** Greetings by Mayor Brown

**11:15 a.m.:** Lunch and Door Prizes

*A Special THANKS to our Sponsors:*

*Florida Blue* 

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**Humana**

*Jacksonville*  
Where Florida Begins.

For more information call 630-7392 or go to  
[www.coj.net/seniors](http://www.coj.net/seniors)

Mayor Brown's Walk for Senior Wellness is funded in part by a City of Jacksonville Community Development Block Grant

### Registration Form

Name \_\_\_\_\_ T-Shirt Size: S M L XL XXL  
Address \_\_\_\_\_ E-mail \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
If you represent an organization, please list here \_\_\_\_\_

#### Emergency Contact (Must complete in order to register)

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**WAIVER on reverse MUST be filled out and signed in order to participate.**

Please complete and return to:  
Mayor's Walk for Senior Wellness  
City of Jacksonville  
117 W. Duval St. Suite 220  
Jacksonville, FL 32202