

Please
Place
Stamp
Here

SpiritWalk
Seattle Indian Health Board
P.O. Box 3364
Seattle, Wa 98114-3364

About the Seattle Indian Health Board

Since 1970, the Seattle Indian Health Board has provided health care services to assist American Indians and Alaska Natives in achieving the highest possible physical, mental, emotional, social and spiritual well-being. Although our services target American Indians and Alaska Natives, we serve anyone in need of health care. The Seattle Indian Health Board offers care that includes medical, dental, nutrition, mental health, pharmacy, and chemical dependency assessment and treatment. Special programs and services are offered for prenatal care, youth services, elder services, domestic violence and veterans. The Seattle Indian Health Board also operates the only Indian Family Medicine Residency Program in the nation and the Urban Indian Health Institute, a national epidemiology and research center for urban Indian health.

Who has benefited from SpiritWalk?

Funds raised through SpiritWalk help support American Indian and Alaska Native community groups and health promotion activities of the Seattle Indian Health Board. Proceeds from previous walks have supported high school and community college culture clubs, a youth theatre group, a women's leadership conference, education and literacy programs, youth basketball activities and several community events.

SpiritWalk Prizes

Top individual and team walkers can earn great prizes. Prize categories include:

- Most money raised by an individual
- Most money raised by a team
- Largest walk team
- Team banner contest - all teams with a banner are entered into a drawing for a great prize!

Commemorative SpiritWalk tee-shirts to each walker raising \$50 **while supplies last**. All walkers receive lunch and give-away items the day of the event.



Seattle Indian Health Board's

SpiritWalk™

Saturday June 12, 2010
Seattle Center



Sponsored by:
Seattle Center Productions

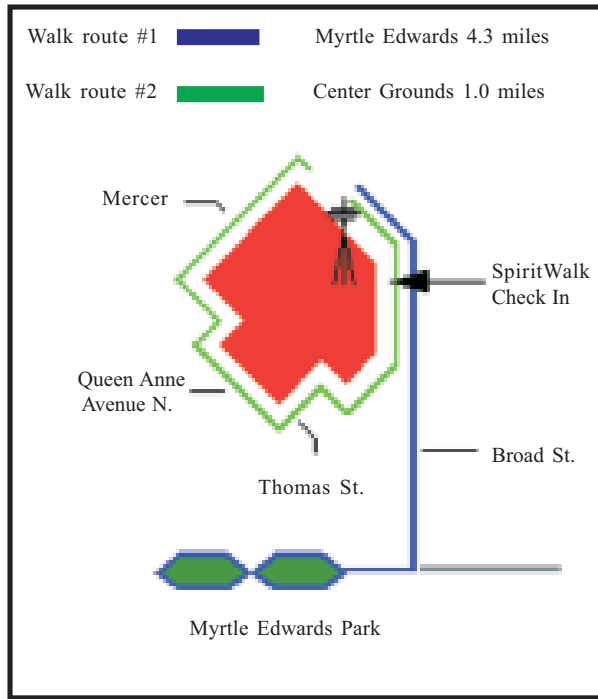


www.seattlecenter.com



Walk Routes

Choose from 2 routes: **Route 1** - the Mural Amphitheater to Myrtle Edwards and back and **Route 2** - around the Seattle Center grounds.



Walk Day Event Schedule for Saturday June 12, 2010:

- 8:00 AM - 9:30 AM · Check-in (registration)
- 8:30 AM - 9:30 AM · Team photos
- 9:30 AM - 11:30 AM · Walk begins
- 11:30 AM - 3:00 PM · Native performances, walker gifts and prizes.

Fun for the whole family!

STEP 1: Register Now!

Fill out the attached registration form and bring it to the walk. There is no fee for participating.

STEP 2: Get Pledges

Set a goal for yourself and if you're on a team, encourage each member of your team to do the same.

STEP 3: Collect Pledges

The best time to collect a pledge is at the time it is made. Try to collect pledges prior to walk day so that you can turn them in at registration.

STEP 4: Walk

Check in the morning of the walk between 8:00 and 9:30 am and get set for team picture-taking. There will be a brief stretch period and opening ceremony to get us started on the right track.

SpiritWalk Pledge Form

Name _____

Address _____

City/St./Zip _____

Phone H _____ W _____

Email: _____

Sponsor's Name & Address Donation Amount

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

All donations are tax deductible. Please make checks payable to **SpiritWalk**.

Mail donations to: **SpiritWalk** c/o Seattle Indian Health Board P.O. Box 3364, Seattle, WA 98114 or bring all donations received to the **SpiritWalk** event on Saturday June 12, 2010 at the Seattle Center.

Each walker and team has a chance to win great prizes for raising money for the Walk including a SpiritWalk tee-shirt for raising \$50 **while supplies last!**

Registration Form

(Please print)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: H _____ W _____

Email: _____

Sex M F

(Each team member must fill out a separate form)

SpiritWalk Team

Team name: _____

Team captain: _____

Send More Information

- Someone to talk to my group
- Additional brochures _____ (QTY)
- A *SpiritWalk* press release for my company newsletter
- I am unable to walk, but enclosed is my donation of \$ _____

For more information on the Seattle Indian Health Board and SpiritWalk

Call: (206)324-9360
Fax: (206)324-8910

Or visit: 606-12th Ave. S., Seattle WA 98144

Visit us on our website at
www.sihb.org