



SpiritWalk 2010

Saturday, June 12, 2010 at the Seattle Center

Have Fun and Strengthen Many!

Each year the Seattle Indian Health Board sponsors *SpiritWalk*, a major fundraising event held at the Seattle Center. The day begins with registration, and those participating in the walk are then led in a light warm-up and stretching session. Participants walk individually or form walk teams with families, friends, or co-workers. The afternoon closes with Native entertainment and speakers and prizes awarded to walkers in various categories. You can be a part of *SpiritWalk* by requesting an information brochure and filling out the registration form included in the brochure. There is no fee to register!



SpiritWalk raises thousands of dollars annually, and all proceeds support American Indian and Alaska Native educational, health, social and recreational programs and services in Washington. Money raised is received from donations, pledges, gifts from the community and corporate sponsors.

Form A Walk Team!

Gather a few friends, co-workers, or members of your community group and form a walk team! As you walk, carry a banner identifying your group. Walk teams are a good way to show the community that your group or organization supports Native programs. Prizes are awarded for **largest walk team**, **walk team raising the most support**, and **best group banner!**

Become A Volunteer!

In addition to pledges, volunteers are needed and are welcomed to be a part of this exciting event while helping to strengthen our people. The only requirement of a volunteer is the desire to help. Volunteers assist with clerical preparation, handing out flyers and brochures, preparing and/or serving food at our community outreach event and during the walk-a-thon guiding and assisting participants as they walk.

If you would like more information or would like to get started, please call Debbie Baruso at (206) 324-9360 or email debbieb@sihb.org. You can also visit our website at www.sihb.org to download a SpiritWalk registration brochure.

Seattle Indian Health Board, PO Box 3364, Seattle WA 98114/(206) 324-9360/www.sihb.org

*Seattle Indian Health Board facilities are accessible to persons with disabilities.
Accommodations for people with disabilities can be arranged with advance notice by calling.*