

Celebrating Ten Years

HIGHMARK WALK FOR A HEALTHY COMMUNITY

SATURDAY, MAY 19, 2012

Stage AE - Pittsburgh, Pa.



REGISTRATION FORM

Last Name: _____

First Name: _____

Age: _____

Address: _____

City: _____

Zip code: _____

Phone: _____

E-mail: _____

If Applicable

I cannot participate, but please accept my donation. (Please make check payable and mail to your selected organization. See "How to Register" for mailing information).

I am a Highmark employee.

Disclosure: I hereby waive all claims against Highmark Inc. and all sponsors, charities or personnel involved in the walk for any injury that I might suffer at this event. I attest that I am physically fit and prepared for this event. I grant full permission for Highmark Inc. and participating organizations to use photographs of me in the accounts and promotions of this event.

Signature: _____

Date: _____

Parent or Guardian Signature (if registrant is under age 18):

Date: _____

WHAT ORGANIZATION ARE YOU WALKING TO SUPPORT?

Please indicate organization's number _____ from listing on the following pages.

T-shirt Size S M L XL XXL

WALKERS CAN LOOK FORWARD TO:

- A beautiful day! The walk will be held rain or shine.
- An accessible walkway for strollers and wheel-chairs.
- Convenient parking will be available on the North Shore.
- Food, beverages, music, activities and prize drawings immediately following the conclusion of the walk.
- A chance to win prizes valued at \$1,000 collectively. For every \$50 that you donate or raise in support of a participating organization, you will receive one raffle ticket.
- Receiving a Highmark Walk for a Healthy Community T-shirt if you donate or raise \$25 or more for a participating organization (while supplies last).

For more information about the Highmark Walk for a Healthy Community, please visit the website at www.walkforahealthycommunity.org.

Walking Prevents Type 2 Diabetes

The Diabetes Prevention Program showed that walking **150 minutes** per week and losing just **7%** of your body weight can reduce your risk of diabetes by **58%**.

- Medicinenet.com

ABOUT THE WALK



SATURDAY, MAY 19, 2012
Stage AE – Pittsburgh, Pa.

Benefiting 70 Local Nonprofit Organizations

Registration: 7:45 a.m.

5K Walk Start: 9 a.m.

One-Mile Fun Walk Start: 9:15 a.m.

For more information, contact us at:
866-620-WALK (9255)
wfahcpgh@highmark.com

Register at:
www.walkforahealthycommunity.org

The Highmark Walk for a Healthy Community brings together 70 local nonprofit organizations that deliver vital health and human service programs in our community.

While there is no registration fee for the walk, all walkers are encouraged to raise funds for the organization of their choice. Highmark Blue Cross Blue Shield underwrites the cost of the walk, so 100 percent of the money raised is donated to directly benefit the organization of your choice.

HOW TO REGISTER AND DONATE

REGISTER FOR THE WALK BY FOLLOWING THESE SIMPLE STEPS:

1. Visit www.walkforahealthycommunity.org
2. Choose the walk location of your choice
3. Select an organization that you would like to support
4. Register to walk as an individual, a family, join a team or form a team of your own

You can also register via mail by completing the attached Walker Registration form. Place your form in an envelope and mail no later than May 14, 2012.

Mail to:

Highmark Walk for a Healthy Community -
Pittsburgh
Highmark Blue Cross Blue Shield
P.O. Box WALK
Pittsburgh, PA 15230

HOW TO MAKE A DONATION

1. Make a donation or pledge online at www.walkforahealthycommunity.org.
2. Mail your donation directly to the participating organization of your choice.
3. Turn in your donations on the day of the walk.

PLEASE DO NOT MAIL YOUR DONATIONS TO HIGHMARK.

PARTICIPATING ORGANIZATIONS

1. ABOARD
2. ACHIEVA
3. ACLD, an Association for Children and Adults with Learning Disabilities
4. Alpha House, Inc.
5. Anchorpoint Counseling Ministry
6. Angels' Place, Inc.
7. Arsenal Family and Children's Center
8. Auberle
9. Bethlehem Haven
10. Blind & Vision Rehabilitation Services of Pittsburgh
11. Campus Life - Youth for Christ Metro Pittsburgh
12. Catholic Charities Free Health Care Center
13. Center for Organ Recovery and Education (CORE)
14. Circle C Youth and Family Services
15. Concordia Lutheran Ministries
16. Delta Foundation
17. DePaul School for Hearing and Speech
18. Dress for Success Pittsburgh
19. East Liberty Family Health Care Center
20. Every Child, Inc.
21. Familylinks
22. Fit-Trix Fit Kids
23. Glade Run Lutheran Services
24. Greater Pittsburgh Community Food Bank
25. Gwen's Girls, Inc.
26. Habitat for Humanity of Greater Pittsburgh
27. Hair Peace Charities
28. Healthy Start, Inc.
29. Heritage Community Initiatives
30. Holy Family Foundation
31. HOPE Network
32. Hosanna House, Inc.
33. Interplay Child Care Center
34. Lemington Community Services
35. Lifesteps, inc.
36. Lutheran Service Society
37. Mainstay Life Services
38. Make-A-Wish Foundation
39. Mars Home for Youth
40. Mt. Ararat Community Activity Center
41. Neighborhood Legal Services Association
42. North Hills Community Outreach
43. PA Connecting Communities
44. Parent Education and Advocacy Leadership Center
45. Passavant Memorial Homes Foundation
46. PLEA
47. Providence Connections
48. Remi Savioz Glut1 Foundation
49. Ronald McDonald House Charities of Pittsburgh
50. Sickle Cell Society, Inc.
51. Small Seeds Development, Inc.
52. Sojourner House
53. Southwinds, Inc.
54. Spina Bifida Association of Western Pennsylvania
55. St. Anthony School Programs
56. Sudden Cardiac Arrest Foundation
57. The Bradley Center
58. The Center for Victims of Violence & Crime
59. The DoorWay Inc.
60. Three Rivers Center for Independent Living
61. Transitional Services, Inc.
62. UCP/CLASS
63. Variety The Children's Charity
64. Vintage, Inc.
65. Ward Home, Inc.
66. Western PA School for Blind Children
67. Womansplace, Inc.
68. Women's Center & Shelter of Greater Pittsburgh
69. YMCA of Greater Pittsburgh
70. Young Men & Women's African Heritage Association, Inc.

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