

## Join Us!

### 2011 5K Run/Walk for Wellness Presented by Optimal Health Center

Please join us for the 2nd annual 5K Run/Walk for Wellness. Your participation in support of the *Alliance for a Healthier Generation* will aid in the education and prevention of obesity in American children, an epidemic that presently affects nearly 1/3 of young people throughout the country. Just by participating in the Run/Walk for Wellness, you and your family will be encouraging healthy lifestyles in generations to come.

Thank you in advance for taking an active role and participating in our 2011 5K Run/Walk for Wellness.

Sincerely,

Dr Kathleen K. Petrucci DC  
Optimal Health Center

#### About The Alliance For A Healthier Generation:



The *Alliance for a Healthier Generation* works to address one of the nation's leading public health threats—childhood obesity. The goal of the Alliance is to reduce the prevalence of childhood obesity by 2015, and to empower kids nationwide to make healthy lifestyle choices. Founded in 2005 by the American Heart Association and William J. Clinton Foundation, the Alliance works to positively affect the places that can make a difference in a child's health: homes, schools, doctor's offices, and communities.

**REGISTER NOW**  
**MYOHCENTER.COM**



**RUN A 5K.**  
**FIGHT CHILDHOOD OBESITY.**  
**SUNDAY OCTOBER 16 2011**

Optima I Health Center / 5K Run/Walk for Wellness  
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Yardley, PA 19067  
Myohcenter.com  
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Fax: 215-493-1810  
E-mail: 5k4w@myohcenter.com



**Sunday, October 16, 2011**

**Charles Boehm Middle School  
866 Big Oak Road, Yardley Pa**

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**To benefit**

**"The Alliance for a Healthier Generation"**



**Optimal Health Center**

*Live Better. Choose Wellness.*

