

The Mirror Mode Movement

2013 National Women's Health Week is
May 12 – 18th.



Let's **M**otivate,
Move & **M**ake
it happen!

3M Walk & Women's Health Fair

The 3M is bringing women's health awareness and will unite women and organizations in the community. Come out and network with your sisters and help us put a stop to bullying, jealousy, hate, cliques and crime.

Join us!

May 18, 2013

9:00 – 1:00

Eastern Henrico Recreation Center

(1440 N. Laburnum Avenue, Richmond, Virginia 23223)

Register online at

www.mirrormode.org/3mwalk

Early Registration Fee \$25

\$30 after April 30th

One woman can make a difference, but **TOGETHER we can **ROCK** the world!**
Let's **ROCK it!**

WOMEN'S HEALTH FITNESS & FUN

Questions & Answers Women's Health
Forum w/ Dr. Yvette Johnson Threat

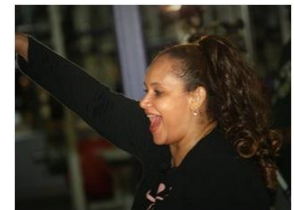


Dr. Yvette Johnson Threat
Bon Secours Chief Administrator
Richmond Community Hospital

Line dancing w/Kemel



Kemel Patton
Line Dance Instructor
Dance by KP



Erica Lee
Fitness Trainer
BodiELe Fitness

Special performance by:
Excellence in Motionz

FREE Health Screenings

Blood Pressure
BMI (Body Mass Index)

Join us or **ROCK IT** in your city on this day, too!
For more information, contact 3mwalk@mirrormode.org.

Be a part of the Mirror Mode Movement.

Proceeds go to youth programs.

Hosted by Choices, LLC, Walgreens, Erica Lee & Excellence in Motionz

Walgreens
AT THE CORNER OF **HAPPY & HEALTHY™**

Represent your:
Women's Health Centers,
Health clubs, Spas, Beauty
Shops, sororities, mentoring
groups, teachers, counselors,
beauty schools, pageant
princesses & queens, local
schools, colleges, churches &
causes. Bring your families.

T-shirts: You can wear a shirt supporting a women's cause/foundation, support your organization by wearing their shirt/uniform or buy/wear the first 3M t-shirts.