

The Mirror Mode Movement **3M** Walk & Women's Health Fair

Eastern Henrico Recreation Center
1440 N. Laburnum Ave., Richmond, VA 23223
Saturday, May 18, 2013
9:00 am. - 1:00 pm



Rain or shine!

How much is the registration fee?

The event is \$25.00 per person and \$20.00 per person for parties of six or more in a group. Fees are non refundable.

How far is the walk?

The walking path is approximately 1.05 miles. Walk or run at your pace. If children are attending with you, they must remain in your care at all times.

Will we warming up before the walk?

Yes. Fitness trainer, Erica Lee, and Excellence in Motion will be warming out the crowd.

What is the forum about?

After the walk, there will be a questions & answers forum with Dr. Yvette Johnson Threat. When registering, please include any questions, issues or topics you would like Dr. Threat to cover. Topics will be discussed during the forum. Your name will be kept anonymous.

What else will be going on?

There will be music and fun after the forum. This is a great time to connect with other participants and organizations.

What shall I wear?

You can wear a shirt supporting a women's cause/foundation, a shirt/uniform of a group you're involved in or purchase one of the 1st Annual 3M shirts. More details to follow on the 3M shirts.

Can I set up a table for my organization/group?

Yes. Email 3mwalk@mirrormode.org with details.

Are you ready to register?

Registration waiver forms are listed below in the Registration Forms section. The waiver must be completed before walking.

Need more information, email 3mwalk@mirrormode.org.

We're looking forward to seeing you on May 18, 2013!