

**MBS Committee Members:**

**MCESC—Keowee St.:**

Bonnie Terry

**Miami Valley Regional Center:**

Mary Crews  
Megan Kreill

**MCLC East:**  
Pam Dalton

**MCLC West:**  
Denise Oliver

**Northridge:**  
Pam Horn

**SOITA:**  
Deb Tschirhart



**2.5 Mile  
Run/  
Walk**

**Tuesday,  
September 26, 2017**



Mind Body Soul Council

The Mind, Body, Soul Council is the wellness committee formed to promote the health of Montgomery County ESC employees. Our mission is to promote mental, physical and emotional well being for the MCESC family.

Our first activity for the 2017-2018 school year will be a 2.5 Mile Run/Walk-A-Thon. This event will take place on Tuesday, September 26, 2017 (rain or shine).

The 2.5 Mile Run/Walk-A-Thon will be held at **Eastwood Park (Woodman Dr. Entrance)**

Registration/check-in will begin at 4:00 p.m. The walk will begin at 4:15 p.m. Food menu: Subway sandwiches, baked chips, fruit and water.

**Registration cost:**

Suggested donation of \$5 per person. (Includes t-shirt)

T-Shirt Size: \_\_\_\_\_

**Registration Deadline:**

**Friday, September 8, 2017.** Please turn in your registration form, BWC Wavier Form, Wavier form for family/friends and your donation to your building representative. Building representatives are listed on the back of this flyer.

**REGISTRATION FORM**

**2.5 Mile Run/Walk**

**Date: Tuesday, September 26, 2017**

**(Walk begins at 4:15 at Eastwood Park)**

Please note: Employees participating in this event **must** turn in your signed BWC Waiver of Workers' Compensation Benefits for Recreational or Fitness Activities (C-159) form (in blue wellness folder).

Employee Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Employee—Work Site: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Please complete this form and return it to your building MBS Council Member listed on the back of this form. Thank you, and we will see you at the walk.**

**NOTE: If you are bringing family members or friends to the walk, please have them complete and sign the "Waiver Form for Family & Friends". We must have this form for each person attending the walk prior to participating in the event. This form is in your blue wellness folder. Please make copies as needed.**