

*Step Up, Florida!  
We're on Our Way to Healthy Living!*

*Washington Shores*  
**5K WALK & HEALTH FAIR**

**March 20, 2010**

Registration - 8:00 am  
Walk - 9:00 am

Following the walk enjoy:

- |  |   |
|--|---|
|  Healthy Snacks       |  Massages                  |
|  Rock Climbing Wall |  Yoga                    |
|  Health Screenings  |  Health & Nutrition Tips |
|  Kids Zone          |  Dance Away the Pounds   |

*... it's all FREE!*

Please join us at beautiful  
**Dr. I. Sylvester Hankins Park**  
**1340 Lake Park Court**

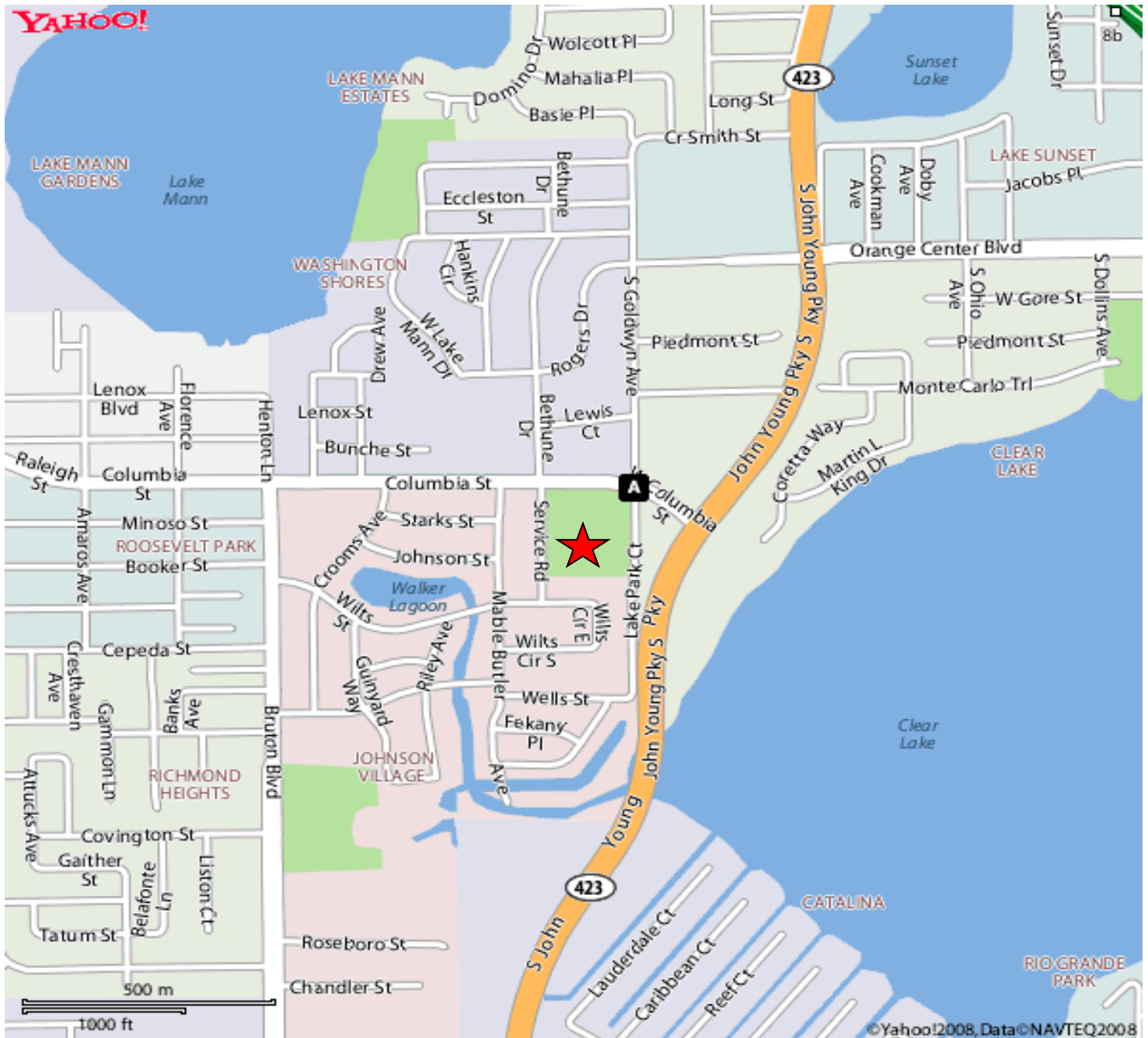
For more information:  
**407-858-1464**  
[www.orchd.com](http://www.orchd.com)



**Commissioner Samuel B. Ings**



**★ Map of 1340 Lake Park Court  
Orlando, Florida 32805  
Dr. I Sylvester Hankins Park**



**Directions From I-4:**

Take Exit 79 John Young Parkway  
Turn Left on S. John Young Parkway 1.3 mi  
Turn Left on W Columbia St. 0.1mi  
Turn Left on Lake Park Court

**Directions from the 408:**

Exit at John Young Parkway (South)  
Turn Left on S. John Young Parkway 1.3 mi  
Turn Left on W Columbia St. 0.1mi  
Turn Left on Lake Park Court