

**A GREAT DAY FOR A  
WALK IN THE PARK  
FITNESS & FUN  
SATURDAY MAY 18, 2013  
TOWER GROVE PARK**

**Registration Fees**

**\$20 Adults**

**\$10 Teens 13 – 17**

**Kids under 13 Free**

**Tower Grove Park  
4256 Magnolia  
Grand Entrance  
Starting Point  
Son of Rest Shelter  
Fee includes T-Shirt**

**Community Women Against Hardship  
9<sup>th</sup> Annual**

**Walk and Health Fair**

**Registration Begins at 8:30am**

**(314) 289-7523**

[www.cwah.org](http://www.cwah.org)



Click below for Video Link:

<http://youtu.be/lcZrus-22Ac>

**Food**

**2013 Honorary Co – Chairs:**

*Dr. Carmel Boykin – Wright, Internal Medicine  
Dr. Christy Richardson, Endocrinologist, DePaul Hospital SSM  
Dr. Evelyn Irving, Family Therapist  
Dr. Kimberly Gray, Communicable Diseases*

*Dr. Jacqueline Hall-Davis, Child Psychiatrist  
Dr. Rochelle G. Catus, Gynecology  
Dr. Tracy Reed, Podiatrist  
Dr. Xavier Tipler, Chiropractor*

**The Wobble**

**Volley Ball Games**

**2013 Health Care Providers:**

*Dr. Evelyn A. Irving, Family Therapist  
Dr. Carmel Boykin Wright, Internal Medicine  
Dr. Christy Richardson, Diabetes  
Alison Dreith, Planned Parenthood  
Dr. Xavier Tipler, Proficient Chiropractic  
Dr. Rochelle G. Catus, Gynecologist*

*Dr. Tracy Reed, Podiatrist  
Dr. Jacqueline Hall – Davis, Child Psychiatrist  
Kalimba Kindell, Massage LuXe (Demonstrations)  
Alisha Rooks, First Bank, Healthy Finance  
Siteman Cancer Center, Self Breast Exams  
Whiney Stanley & Elaine King, Holistic Health  
Myrtis Spencer, Knight Alzheimer's Disease Research Center*

**Hula Hoop Contest**



**C.W.A.H.**  
COMMUNITY WOMEN AGAINST HARDSHIP