

## **Beach Wellness Run / Walk**

The 3rd Annual Beach Wellness Run / Walk is May 16, 2009 at the Bay City State Recreational Area!  
To participate, please fill out this [registration form](#) and send it in.  
Thank you!

**Volunteer to Help! We need help at, the Run/Walk, cleaning the beach and at the June Beach Volleyball Tournament on June 27<sup>th</sup>.**

**I would like to volunteer for:**

**Beach Wellness Run/Walk**

**Help Cleaning the Beach**

**Help with the Beach Volleyball Tournament**

**I would like more information on Beach Wellness**

**Comments:**

**You can contact me at:**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City/State/Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Fax** \_\_\_\_\_

**E-mail** \_\_\_\_\_

**Mail to: Beach Wellness, 706 Sidney St. Bay City, MI 48706**

**Or e-mail to: [kjcwcc@chartermi.net](mailto:kjcwcc@chartermi.net)**