

**CALLING ALL PEOPLE
WHO CARE!**



WIGGIN OUT

for San Diego Seniors
1mi or 5k walk/run

BENEFITING MEALS-ON-WHEELS GREATER SAN DIEGO, INC.
SATURDAY, MARCH 28, 2015

HELD AT:

ROADRUNNER SPORTS

5553 COPLEY DRIVE SAN DIEGO, CA 92111

CHECK IN AT 8:00AM RACE AT 9:00AM

1 MILE WALK/ 5K FUNRUN

WWW.MEALS-ON-WHEELS.ORG



HOW TO GET WIGGY WITH US!

WIGGIN' OUT FOR SAN DIEGO SENIORS 1 MILE WALK/5K FUN RUN

JOIN US - GET INVOLVED - MAKE A DIFFERENCE

Sign up to join us for this FUN-filled day and show others that YOU make an impact in your community and in the lives of so many San Diego seniors. Put on a crazy wig and come take a **leisurely walk** or run a 5K with us!

SIGN UP - ENCOURAGE FELLOW EMPLOYEES AND FRIENDS TO JOIN YOU IN THE FUN

"Individual commitment to a group effort--that is what makes a team work, a company work, a society work, a civilization work." --Vince Lombardi

REGISTER AS AN INDIVIDUAL - \$35.00 EACH

REGISTER AS A TEAM MEMBER - \$25.00 EACH

REGISTER HERE:

[HTTP://OW.LY/GPPC4](http://ow.ly/GppC4)



FUNDRAISE

There are over 131,000 San Diego seniors who have little or no food available at home and they do not always know where they will acquire their next meal. Many seniors in San Diego County suffer from malnutrition and hunger because they have to choose between utilities, medications and food while on fixed incomes. Not surprisingly, seniors who suffer from hunger also suffer from declining health and increased medical costs. YOU can help by fundraising in conjunction with the **Wiggin' Out for San Diego Seniors** event. For each level you complete on the feed a senior meals ladder, you will be entered into a raffle to win a HAIR-RAISING PRIZE! The higher the level, the bigger the prize!

LET'S DO THIS! I AM INTERESTED IN BEING PART OF A TEAM:

NAME: _____ **EMAIL:** _____

NAME: _____ **EMAIL:** _____

NAME: _____ **EMAIL:** _____

