

(front)



HUNTSVILLE HOSPITAL

If you'd like to get in shape, spend time with your baby and meet other moms, join a **FREE** walking program brought to you by Huntsville Hospital and Parkway Place. You can win prizes and receive coupons just for participating!

The more you walk, the more chances you have to win!

It's easy as 1-2-3!

- 1** Receive your FREE Stretch and Stroll T-shirt when you complete the form below and deliver it to the Parkway Place Mall Office (upper level, near Dillards; open Monday - Friday, 8:30 a.m. - 5 p.m.).
- 2** Enjoy special coupons courtesy of Parkway Place stores when you attend the monthly stretching session led by a Huntsville Hospital Wellness Center certified instructor. On the second Tuesday of every month at 9 a.m., you'll learn how to stretch and warm up safely.
- 3** Visit Parkway Place Customer Service every day you and your baby walk to log your participation. Monthly winners of mall merchandise and gift cards will be chosen at random.

For more information, call Huntsville Hospital Public Relations at 265-8317.

Join now!

(Turn in at Parkway Place Mall Office, upper level, near Dillards.)

You are strongly recommended to consult your physician prior to beginning any exercise program.

Name: _____

Address: _____

City, State, Zip: _____

Birthdate: ___ / ___ / ___ Phone: (___) _____

Email: _____

See other side.

(back)



3 locations to serve you:

Huntsville Medical Mall • Jones Valley • Madison

(256) 265-WELL
huntsvillehospital.org



parkwayplacemall.com

It is expressly agreed that all exercises in conjunction with Stretch and Stroll are and shall be undertaken at participant's and participant's minor children's sole risk, and that the participant assumes the risk of any injuries he or she or the participant's minor children may suffer while participating in the Stretch and Stroll program, and that Huntsville Hospital and Parkway Place shall not be liable for any claims, demands, injuries, damages, actions or causes of action, whatsoever to the participant, the participant's minor children or property arising out of or connected with participation in the Stretch and Stroll program.

Signature: _____

Date: _____

(Turn in at Parkway Place Mall Office, upper level, near Dillards.)