

nce Upon
a Walk for Life

It's easy to participate!

- Walk independently or form a team.
- Teams of 10 are ideal, but any size is fine.
- Set a fundraising goal for you or your team, \$100 per person is a great start!
- Routes are an easy 1 or 2 miles.
- Each person who raises \$100 or more receives a t-shirt!

Informed Choice of Iowa

PO Box 2537
Iowa City, IA 52244

Return Address Service Requested

Step 1: Choose a Walk location that works best for your schedule. Pre-register at IowaWalkForLife.org or call 319-358-1006. Drop-ins on the event day are also welcome.

Step 2: Set personal and/or team goals for fundraising and ask others to sponsor you. You will be amazed at how many will say YES!

Step 3: If you are social media inclined, go to IowaWalkForLife.org and utilize our online tools for Facebook, Twitter, Instagram, or emails.

Step 4: Please be sure all names and addresses are complete and easy to read. Bring your completed Pledge Form(s) and any funds raised with you on the day of the Walk.

Non-profit Org.
US Postage
PAID
Permit No. 86
Iowa City, IA

Choose Your Walk Location

- May 13 – Burlington - Crapo Park, Large Shelter
- May 20 – Iowa City - Terry Trueblood Recreation Area, Shelter #2
- June 3 – Ames - Brookside Park, Maple Shelter
- June 10 – Fort Dodge – John F. Kennedy Memorial Park, Bob Heun Shelter
- June 17 – Des Moines – Gray's Lake Park, Terrace Building

*Pancake
Breakfast*



At All Locations:

- 7:30 - 10:30 a.m. - Pancake Breakfast
- 8:30 a.m. - Walk Check-In
- 9:00 a.m. - Walk Begins

**You're
Invited!**

Informed Choices Medical Clinics invite you to our scenic "Walk for Life" celebrations as we continue the story of LIFE in Iowa. We hope you can make it!

very Life
has a story...



**Ready
for the
journey?**

**Join us for our
Walk for Life
and Pancake
Breakfast**



Informed Choices
MEDICAL CLINICS
Strength for Life's tough choices

May 13 **May 20** **June 3** **June 10** **June 17**
Burlington **Iowa City** **Ames** **Fort Dodge** **Des Moines**

Sponsor Pledge Form

Bring this completed form to the walk. You may photocopy this form for any team members or download a form from our website: IowaWalkforLife.org

Walker's Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Church/Group _____

Email _____

My Goal _____ **Total Pledges** _____

Team Name (if applicable) _____


I am a(n): Adult Teen Child.

Have you participated in a Walk For Life before? Yes No

Shirt Type: Women's Men's

Shirt Size needed (circle one): **S M L XL 2X 3X 4X**

I am unable to walk, but will make a donation of \$ _____
(Please make check payable to Informed Choice of Iowa).

 **Questions?**
319.358.1006 or
IowaWalkForLife.org

You may collect money now and bring it to the Walk OR choose to have us handle it - just check the BILL ME box and we'll do the rest!

Informed Choice of Iowa
PO Box 2537
Iowa City, IA 52244

Please print all information clearly. Make check payable to Informed Choice of Iowa.

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Please Print Clearly!

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Receive a t-shirt
by raising \$100
or more!



What are Informed Choices Medical Clinics?

They are LIFE-minded, AAAHC accredited medical clinics serving people in your community who are facing a sexual health crisis such as an unplanned pregnancy or sexually transmitted disease.