

# BETHLEHEM TWP.



## “Women Move for Health”

(A Beginner Walker/Running Initiative Program)  
Weekly Program getting you ready to progress from couch to 5k!

### WHEN

Tuesdays, 5:30pm – 6:45pm, July 24<sup>th</sup>- October 9<sup>th</sup>  
Wednesdays, 9:15am-10:30am, July 25<sup>th</sup>- Oct. 10<sup>th</sup>

### WHERE

Bethlehem Township Community Center Pavilion  
2900 Farmersville Road Bethlehem, PA 18020

### Format

Group Walk/Run; Presentations on various topics about walking/running and staying healthy.  
Please come ready to workout!

**WOMEN**  
15 AND OLDER

### GOAL

Participate weekly to increase fitness and endurance. Women’s Move for Health goal is to stay motivated and help you complete a 5K walk or run.

### MENTORS

Area women who are Walking/Running enthusiasts and have volunteered to guide and motivate you through weekly workouts.

### COST

\$50 – Registration Fee  
\$45 – Early Bird (Before July 20<sup>th</sup>)  
Or St. Luke’s Employee  
Price includes Workshops, Literature, and Achievement Shirt upon completion of 8 out of 12 weeks.

### REGISTER/MORE INFO

- By Mail:  
BTCC  
4225 Easton Ave. Bethlehem PA 18020  
- Online:  
[www.bethlehemtownship.com/btcc](http://www.bethlehemtownship.com/btcc)  
- Call at (610) 332-1505 Kylene  
[kylene@bethlehemtwp.com](mailto:kylene@bethlehemtwp.com)

### Bethlehem Township Women Move for Health -Registration

Name	PM or AM Session	D.O.B.
Address		
City	State	Zip
Phone	Email	
Employer	Shirt Size: (S, M, L, XL, 2K):	

I know that running/walking is a potentially hazardous activity. I should not enter a beginner walking/running program unless I am medically able and have consulted with my physician. I acknowledge that falls, contact with other participants, the effects of weather, including high heat and/or humidity, the condition of the path and/or road, traffic on the course, are all risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my being accepted into this beginner running/walking program, I, for myself and anyone entitled to act on my behalf, waive and release the Bethlehem Township-Northampton County, Bethlehem Township Community Center and employees, mentors, program officials, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these activities even though that liability may arise out of negligence on the persons named in this waiver. I consent to the taking and public use of any photographic or audiovisual images by persons selected by this program and waive any right that I may have to copyright, inspect or approve the final project. BTCC has a strict no-refund policy and all fees associated with Community Center programs are non-transferable between participants, programs or locations.

Signature

Date