

# Come Join the Fun! Get Your Day Started with Exercise: Two Opportunities for CDC Physical Activity

CDC Spring Conference - San Diego Marriott Mission Valley, San Diego, California

**Friday, March 16, 2012**

**Saturday, March 17, 2012 at 7:00a – 8:30a**

**Arise & Shine! 7:00a – 7:45a**

**Morning Glory  
Exercise**



**Facilitator: Maggie Whitman, RN MSN**

Advance Registration of \$10 and  
Sign Exercise Waiver prior to class

Pre-conference sign ups by Co-hosts:  
Men's and Women's Ministry; and  
Health Professional Ministry Leaders  
Or stop by the Health Professional  
Booth onsite by Thursday, 3-15-12



Bishop Henry L. Johnson, Diocesan

## Annual 3K 'Health Career Scholarship'

### Fundraising Walkathon

Please help us raise money  
for this worthy cause!



**See us at the Health Professional Resource Table**

Visit the CDC website 'Scholarship link' for details and downloads of  
Registration Form & Required Exercise Waiver

#### Entry Fees:

\$10 Adults [18 – up]  
\$5 Youth [8 – 17yrs]



1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place  
finishers  
will be recognized.



Suffragan Bishop Dr. Robert T. Douglas, Sr., Chairman