

JOIN US for a morning of Community and Women's Empowerment

GIRLS WHO WALK

9 AM - NOON

16
AUGUST

@ **VIBRANT BODY COMPANY**

119 N. MILWAUKEE ST.
MKE'S THIRD WARD

Girls Who Walk - Milwaukee is partnering with Susan G. Komen WI, Vibrant Body Company, the Medical College of Wisconsin Cancer Center Community Outreach, and more to create a morning of fun, self-empowerment, and opportunities!

10:15 to about 10:50am - Let's Get Moving!

A Fun Group Walk led by Girls Who Walk

Bring a friend or meet some new ones! **Girls Who Walk creates safe space for women of all ages to enjoy the outdoors while walking together.** This walk will loop around Lakeshore State Park then head back to the 3rd Ward - Strollers welcome! (About 2 to 2.5 miles)

9am to Noon - Drop in Any Time! Stay as long as you'd like!

- **Opportunity to receive a FREE Clinical Breast Exam (CBE)**

Or simply learn more about the right breast health screening for you! CBE's are the primary screening for women aged 20 - 39 and an essential screening at every age. CBE's will be offered by the **Medical College of Wisconsin**. **Everyone having a CBE receives a FREE gift card for participating!** Reserve a time by emailing Melanie at mburns@mcw.edu or sign up at the event.

- **FREE Registration for the GIRLS WHO WALK team**

Be part of the joyous and powerful **Komen WI More Than Pink Walk** on the morning of September 28th. Girls Who Walk welcomes you to join their Team or start your own! Get involved to support local breast cancer patients and fuel vital research. **Let's Walk together this Fall or celebrate where you are!**

- **Delicious Snacks & Beverages, Fun Giveaways, Great Door Prizes, and Special Discounts from Vibrant Body Company!**

- **Easy, Discounted Parking Right Nearby!**

Secure Parking USA is offering a special discounted rate at the nearby 280 N Jackson St lot. Use this online link/code: tinyurl.com/HONK-Discount to enter your info and receive a reduced parking rate (\$3.07 including tax) **NOTE:** This great discount is good from 8am to 12:30pm. Be sure to leave the lot or repark by 12:30 if you stay longer!

- **Questions?**

Need More event information? Contact Robin at rluther@komen.org or 414.758.6538

Want to reserve a specific time for a CBE? Contact Melanie at mburns@mcw.edu

Like to learn more about Girls Who Walk? Visit linktr.ee/girlswhowalkmke

