



Community Health and
Wellness Team
PO Box 22297
Nashville, Tennessee 37202

Phone: 615-320-2250
Fax: 615-340-2150
www.nashvillechwt.org

E-mail:
nashvillechwt@gmail.com

To Whom It May Concern,

We are pleased to present you an opportunity to participate in the 11th Annual Walk Nashville Week.

Walk Nashville Week, the signature event for the Community Health and Wellness Team, is an annual event that embraces our community by including all ages and backgrounds as we promote increased physical activity for better health. This annual signature event includes Walk to School Day, Walk for Active Aging, Walk Your Neighborhood Day, Walk to Worship Day, Walk to Work Day, and Walk to Lunch Day. Walk to School Day and Walk to Lunch Day are both nationally recognized events. Each event is available free of charge to all who wish to participate.

We are asking that your church consider participating in the Walk to Worship event during the weekend of October 3-4. We are urging you to invite your congregation to walk to worship services that weekend, and hope that you will continue to have walking groups throughout the year at your place of worship.

We look forward to welcoming your church as a Walk Nashville Week participant. If you have any questions, do not hesitate to contact me at 340-2250.

Thanks,

A handwritten signature in black ink, appearing to read "Matthew T. Coleman".

Matthew T. Coleman, MPH, CHES
Community Health and Wellness Team Coordinator





Walk More.

11th Annual Walk Nashville Week
October 3 - October 9, 2009

www.nashvillechwt.org

**Your church cares about the health of Nashville.
Walk Nashville Week needs your support.**

With an established and growing network of sidewalks and greenways, Nashvillians can get out and walk for better health.

Walk Nashville Week offers the community an opportunity to get out and discover our great city.

**All for free...
That's why your support is so important!**

Featuring multiple walking events to celebrate Nashville and increase health, Walk Nashville Week has something for everyone!

**October 3 & 4:
Walk To Worship**

**October 5:
Walk Your Neighborhood**

**October 6:
Walk To Work**

**October 7:
Walk To School**

**October 8:
Walk For Active Aging**

**October 9:
Walk To Lunch**

To support Walk Nashville Week,
please contact:

(615) 340-2250

NashvilleCHWT@gmail.com

www.nashvillechwt.org

Agreement to Participate in Walk Nashville Week, Walk to Worship Day

Name of Church:

Contact Name:

Address:

Phone:

Email:

Number of Potential Congregation Members Walking to Worship:

We _____ agree to be named as a participant for the 2009 Walk Nashville Week, Walk to Worship Day. We agree to help promote the week among our congregation by displaying advertising posters in our church. We will allow the Community Health and Wellness Team to place our name on their website as a participating church.

Participating Church Contact Signature

Please mail signed form to:

Community Health and Wellness Team
Attn: Matt Coleman
PO Box 22297
Nashville, Tennessee 37202