



# Shelley Houghton Memorial Walk-a-Thon for C.O.P.D.

## NO REGISTRATION FEE

CHECK IN: 8:30 - 9:30 A.M.  
WALKING: 9:30 - 11 A.M.  
LUNCH: 11 A.M. (\$7 w/DRINK)

Free T-shirts for registered walkers  
*(while supplies last)*

For information & Registration Forms  
Call (626) 814-2421

**Saturday  
October 5, 2019  
Covina Park  
(4th Street side)**

## GRAND PRIZE

\$500 GIFT CARD TO DISNEYLAND

Grand Prize Tickets \$5 each; Opportunity Drawing Tickets 6/\$5



Mended Hearts™  
of the San Gabriel Valley



## Breath Savers

Cope Don't Mope

Supporting the "Breath Savers" Pulmonary Rehabilitation Scholarship Program at Inter-Community Hospital, Covina

### WALKING SO OTHERS CAN BREATHE...BECAUSE WE CARE!

Sponsor



Covina, CA

