

WALK FOR *Life* and

Pancake
Breakfast



Informed Choices

+ MEDICAL CLINICS

Strength for Life's tough choices



May 14th
Fort Dodge
Kennedy Park

May 21st
Iowa City
Kent Park (Tiffin)

June 4th
Ames
Brookside Park

June 11th
Burlington
Crapo Park

SPONSOR PLEDGE FORM

MY GOAL _____ TOTAL PLEDGES _____

Bring this completed form to the walk. You may photocopy this form for additional pledge space or download a PDF from our website.

Walker's Name _____

I am : Adult Teen Child.

Address _____

Have you walked in a Walk For Life before? Yes No

City _____

Shirt Size needed (circle one): **S M L XL XXL XXXL**

ST _____ Zip _____

I am unable to walk, but will make a donation of \$ _____
(Please make check payable to Informed Choice of Iowa).

Phone _____

I am interested in learning more about volunteer opportunities.

Church/Group _____

Email _____

QUESTIONS?

319.337.0575 or

www.IowaWalkForLife.org

You don't have to collect any money. Simply check the BILL ME box and we will handle billing.

Informed Choice of Iowa
PO Box 2537
Iowa City, IA 52244

Please print all information clearly. Make check payable to Informed Choice of Iowa.

First		Last	
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City	ST	Zip	Phone
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<input type="checkbox"/> PAID <input type="checkbox"/> BILL ME <input type="checkbox"/> \$25 <input type="checkbox"/> \$35 <input type="checkbox"/> \$50 <input type="checkbox"/> \$100 <input type="checkbox"/> Other \$ _____			

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PLEASE PRINT CLEARLY!

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Choose Your Walk Location

May 14th - Fort Dodge - Kennedy Park
May 21st - Iowa City - Kent Park (Tiffin)
June 4th - Ames - Brookside Park
June 11th - Burlington - Crapo Park



All Locations:

Pancake Breakfast 7:30 - 10:30 am
Walk Check-in 8:30 am
Walk together 9 - 10:00 am

IT'S EASY!

- You don't have to collect any money.
- Only a one mile walk – bring the whole family.
- Come rain or shine - or walk on your own.
- Free T-shirt for \$250 in pledges!

STEP 1: Choose the Saturday or Walk Location that works best for your schedule.

STEP 2: Ask EVERYONE you know to sponsor you. You will be amazed how many will say YES!

STEP 3: If you are computer/social media savvy: go to www.iowaWalkForLife.org to sign up and invite your friends to sponsor you via Facebook, Twitter, email, etc.

STEP 4: Please be sure all names and addresses are complete and easy to read. Bring your completed Pledge Form(s) the day of the Walk (or walk on your own and mail in it). Don't collect any money. We'll handle the billing.



Informed Choices
+ MEDICAL CLINICS
Strength for Life's tough choices

What is the Informed Choices Medical Clinic?

A Life-Minded accredited ambulatory medical clinic serving people in your community facing a sexual health crisis such as an unplanned pregnancy or sexually transmitted disease.

We provide the following FREE confidential services:

- Pregnancy testing
- Limited obstetrical ultrasound
- Evidence-based medical options consultation
- STI/STD testing and treatment
- Early prenatal care
- Referrals for adoption and social services
- Post-abortion healing

QUESTIONS?

319.337.0575 OR

WWW.IOWAWALKFORLIFE.ORG

