

**Biggest  
Winner**

# EXERTHON

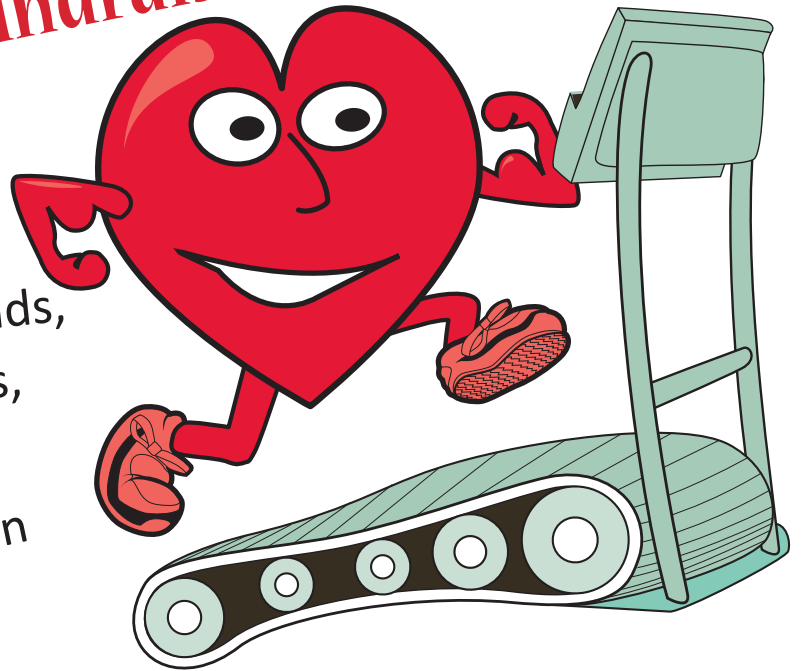
**& Fundraiser**

Be a Part of  
**12  
HOURS**  
of Exercise!

**Have Fun &  
Support Healthy Hearts!**

It's as easy as ...

- 1** Collect donations from friends, family, co-workers, neighbors, local vendors or anyone!
- 2** Ask donors to sponsor you in 15-minute increments!
- 3** Get a free raffle ticket for every \$20 in donations!



The Exerthon will feature **ten activity stations** for physical fitness and fun designed for **all fitness levels and ages!**

## Saturday, November 7 6 am to 6 pm

Koinonia Primary Care, 533 Clinton Ave. in Albany

**Call The Biggest Winner Hotline at 442-5779 for more information!**

### How do I Participate?

- Turn this page over for the **registration and pledge form**
- Visit [www.excellenceinagingservices.org/donate](http://www.excellenceinagingservices.org/donate) to make a donation!



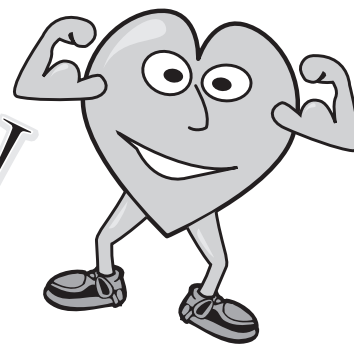
All proceeds from the event will benefit the Healthy Hearts Coalition and the residents of West Hill, Arbor Hill and the South End Neighborhoods of Albany.



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## Pledge Form



**Register Today!**

Name:		<input type="checkbox"/> Male	<input type="checkbox"/> Female
Address	City, State	Zip	
E-mail	Phone		
Age	<input type="checkbox"/> Biggest Winner Participant		

### Donors

Name	Address	Telephone	Pledge Amount	Paid
<b>TOTAL</b>				

### Additional Information

Pledge forms and donations can be brought on Exerthon day, mailed to Healthy Hearts on the Hill, or made online. Online Donations: visit [www.excellenceinagingservices.org/donate](http://www.excellenceinagingservices.org/donate). Donations: please make check payable to Healthy Hearts, University at Albany, School of Social Welfare, 135 Western Avenue, Albany, NY 12222. Please specify the participant on the check.

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