

Walk for Women's Wellness

SATURDAY, JULY 25, 2026 | 8:05AM

Come support women's wellness at the Walk for Women's Wellness, hosted by Grand Lake Health System! Enjoy a scenic, flat 3.1-mile walk around St. Marys Lake while raising funds and awareness for a great cause. This event is open to everyone—bring your family, friends, and even your dogs! Whether you walk or just come to support, all are welcome. Join us and make a difference in women's health in our community!

A FLAT 3.1 MILE COURSE which starts and finishes at the [Lion's Club Shelter House on Ash Street \(near Gazebo\)](#), at North Shore Park, Celina, Ohio. The walk is along the Rotary Walkway taking the ramp (at the docks) to West Bank Road to the 1/2 way turn around, then back on the same route to complete the 5k.

With PRE-Registration, **A FREE T-SHIRT** will be included in packet! Packets will be available the day of the race. There will also be same day registration beginning at 7:00 am. A continental breakfast (in the shelter house) will be provided for all participants immediately following the walk.

CO-SPONSORED BY



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DR. POLLY TRAIN, OB/GYN

ENTRY FORM

Walk for Women's Wellness Saturday, July 25th

NAME _____ AGE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

PHONE _____ AMOUNT \$ _____ T-SHIRT SIZE _____

I hereby release and discharge Joint Township District Memorial Hospital, ODOT, Lake Festival Committee, Sheriff's Department, Celina Police Department, and their representatives and agents from any and all injuries/illness which may directly or indirectly result from this walk.

SIGNATURE _____ LEGAL GUARDIAN'S SIGNATURE _____

(If participant is a dependent.)

Pre-Registration \$10.00

- FREE T-Shirt with early registration
- Deadline date for pre-registration with T-shirt **July 7.**

Same Day Registration \$10.00 (no T-shirt)

Venmo & email completed form to: nthis@jtdmh.org

VENMO
@GLHS-Outreach



Mail cash/check & completed form to: **Community Outreach**
1027 E Spring Street
St. Marys, Ohio 45885
Phone: 419-394-6132

Please make check payable to:
Grand Lake Health