

## Join Sinai's "Stepping Up" Walkathon to Help Local Seniors!

Would you like to join other people, organizations, and businesses in helping to support seniors in your community? If so, please plan to join many others who feel the same way at New England Sinai Hospital's **Stepping Up Walkathon on Sunday, October 5, 2008.**

Residents of Stoughton and surrounding communities are invited to participate. The walk, which begins and ends at the **Striar Jewish Community Center at 445 Central Street in Stoughton**, will follow a 3.2 mile (or 5K) loop around the neighborhood. Walkers complete final registration at 9 am and "hit the walk-way" at 9:30 am. Local individuals, organizations, and businesses are invited to form teams – perhaps compete against each other, and make it a morning of great fun and successful fundraising.

Sponsorship opportunities are also available. Just contact Bettyann McKenzie at (781) 297-1328 or [bmckenzie@nesinai.org](mailto:bmckenzie@nesinai.org) or Myna Dress at (781) 297-1330 or [mdress@nesinai.org](mailto:mdress@nesinai.org). Funds raised provide scholarships for eligible participants who wish to attend Sinai's Adult Day Health Care Program but do not qualify for insurance coverage and cannot afford to personally pay the program fees.

The Stepping Up Walkathon is presented by The Rotary Community Corps of Adult Day Health Program (RCCADHP) and Sinai. Through the hard work and efforts of the RCCADHP, many scholarship days have been funded. Families enjoy peace of mind knowing their loved ones are being cared for at Sinai's Adult Day Health Care Program, which has a reputation for being one of the most caring and well established in the area.

New England Sinai Hospital is a 212-bed, non-sectarian, not-for-profit, long-term acute-care hospital with its main campus in Stoughton, MA and inpatient satellite units in Boston and Dorchester. Please join the walk and help provide this peace of mind. Lace up your sneakers and walk along with Sinai.

P.S. And after the walk...there's more good HEALTHY fun for you at the 3rd annual Health and Fitness Expo at the Striar JCC from 10 am to 2 pm. This cooperative effort of Sinai and the Striar JCC is sponsored by Stop and Shop and offers health screenings, activities for kids, health information, JCC fitness demonstrations, and much more. Don't miss it. Mark your calendars for a great Sinai day at the Striar JCC!