

INTERESTED?

Complete this form to receive more information about forming or participating in a Circle of Friends (COF) Walking Club at your church, worksite, book club, etc.

Return to: Health Freedom Inc.
P.O. Box 67220
Baltimore, MD 21215

Or fax to: (410) 669-9291

Organization Name: _____

Contact Name: _____

Address _____

City _____

State _____

Zip _____

Home Ph _____

Work / Cell _____

Email _____

____ Interested in forming a Circle of Friends Site.

____ Interested in participating in a Circle of Friends Site.

____ Baltimore City ____ Howard ____ Harford ____ Kent

____ Montgomery ____ Prince George's

If you
would like to
begin
your journey...

Contact us today at

(410)669-6340

or

(888)511-WALK(9255)

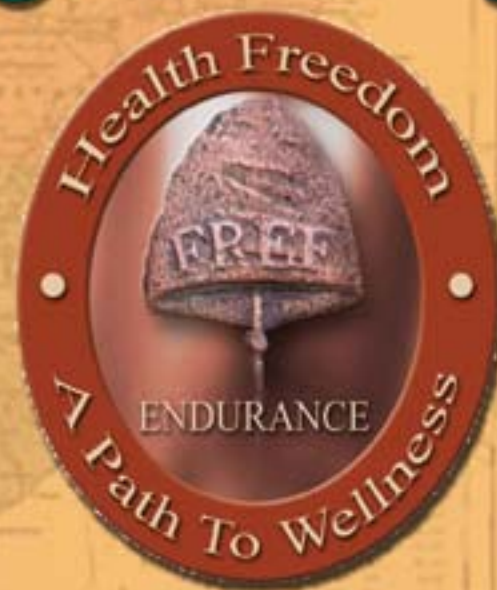
or

visit our website,

www.healthfreedominc.com

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Begin the Journey



WE INVITE YOU
TO BEGIN YOUR JOURNEY
TO WELLNESS AND
EXPERIENCE
THE UNDERGROUND
RAILROAD IN MARYLAND

WHY BEGIN THIS JOURNEY?

- Lose weight.
- Prevent high blood pressure, diabetes, cancer and high cholesterol
- Get better control of chronic diseases like heart disease
- Increase your energy levels
- Boost your immune system
- Boost your self confidence
- Prevent dying prematurely
- Leave a legacy of GOOD HEALTH for future generations!

HOW DO I BEGIN THIS JOURNEY?

- Start or join a Circle of Friends(COF) Walking Club
- Meet weekly with your COF walking club led by a "Conductor" for 6 weeks for 1 hour sessions followed by monthly meetings
- Learn health and wellness information
- Learn about the Underground Railroad
- Learn nutrition information to improve your health
- Walk with your club members for support and motivation
- Receive weekly give aways
- Participate in the "Celebration Walk" and walk part of the Underground Railroad
- Free yourself from the bondage of sedentary lifestyle

HOW DO I START A CIRCLE OF FRIENDS?

Talk to your church members, book club, sorority, fraternity, family, co-workers, etc. about starting a Circle of Friends Walking Club

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Complete the attached form to receive more information

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Come forth to be the Conductor, the "Moses" to lead your people out of bondage

* * *

Attend a 3 hour Conductor Training Class