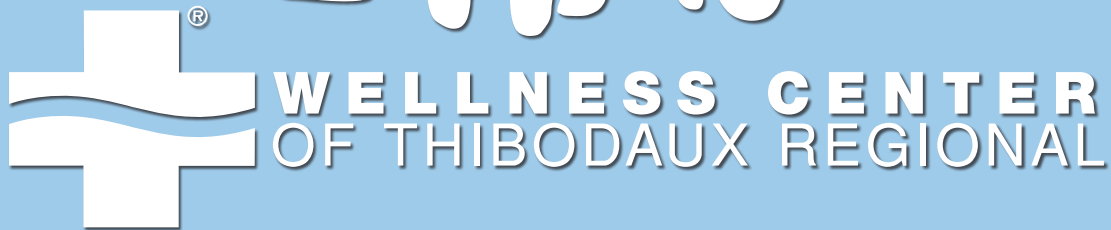


SATURDAY, SEPTEMBER 29 · WELLNESS CENTER OF THIBODAUX REGIONAL

# HOPE FOR

# 5K

# THE HAVEN



**PROCEEDS BENEFIT THE HAVEN**

**RACE DAY - Saturday, September 29**

**7:00 am Registration**

**8:00 am 1 Mile Fun Run/Walk**

**8:30 am 5K Run/Walk Begins**

**Food, Music & More!**

As the bayou region's healthcare leader, Thibodaux Regional is committed to improving the health, wellness and safety of the communities it serves. We want to strengthen that commitment by supporting The Haven in providing needed services for victims of domestic violence.

Domestic violence affects women of all educational, social and economic backgrounds, ages, religions, and ethnic groups.

**Did You Know?**

- 1 in 3 women and 1 in 4 men in the United States have experienced some form of physical violence by an intimate partner.
- Over 5,000 adult women per year living in Louisiana will experience domestic violence.
- There has been at least one domestic homicide in every parish in Louisiana.
- 81% of female homicides in Louisiana are committed by a partner or ex-partner.



See reverse side for Registration Information

# HOPE FOR 5K THE HAVEN



WELLNESS CENTER  
OF THIBODAUX REGIONAL

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**SATURDAY, SEPTEMBER 29**

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## ENTRY FEE

includes race t-shirt for age 6 and above, if registered before **September 14th**

**\$25 – Adults**  
**\$15 – Age 6 to 18**  
**No Charge** for children under 6 years old.

**NO PETS ALLOWED**

**FITNESS CENTER DAY PASS** for all registered participants.

Non-members of the Fitness Center who participate will receive 50% off enrollment fee up to 30 days following Race.

Must show Bib Number.

**Fitness Center Members who participate are eligible for a drawing for a FREE 1- HOUR MASSAGE!**

## PROCEEDS BENEFIT THE HAVEN

Register online at [thibodaux.com/run-walk](http://thibodaux.com/run-walk) or complete registration and mail to:  
Wellness Center Hope for the Haven 5K, P.O. Box 939, Thibodaux, LA 70302.  
Make check payable to Thibodaux Regional Medical Center.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

AGE \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ T-SHIRT SIZE \_\_\_\_\_

You may also register at the Wellness Center of Thibodaux Regional,  
726 N. Acadia Road, Thibodaux on Friday, September 28, from 4:00 – 6:00 pm.  
Pre-registered participants may also pick up their Race Packet at this time.

For more information, call 985.859.7250.



WELLNESS CENTER  
OF THIBODAUX REGIONAL