



Exercise may take a back seat to holiday activities, BUT... we can plan ahead!

Beginning January 8, 2012, we have 12 weeks to walk/exercise

**7, 748 miles**

as we go from

**Scottsdale to Jerusalem**

by

**Palm Sunday!**

The goal is to raise **\$5000** to furnish

a **Cottage of Hope**

at the Phoenix Rescue Mission's Changing Lives Center.

Sign-ups begin **Sunday December 11.**

Registration is **\$25 per person.**

Start counting miles on January 8.

If you don't walk or run but instead bike, swim or go to the gym, you can participate, too.

For every 20 minutes of exercise, you can count one mile.

## *Hearts and Soles: Journey to Jerusalem January 8 to Palm Sunday!*

Encourage friends and neighbors to join as we increase the health of body, mind, and spirit;



*and  
experience  
Serving in  
His Steps*



Turn in your miles each week by e-mail through the La Casa web site, or stop by the Health and Wellness table on Sunday mornings.

### **HEARTS & SOLES REGISTRATION**

Please include \$25 fee with registration form.

Date: \_\_\_\_\_ *I am new to La Casa!*

Name: \_\_\_\_\_

Cell #: \_\_\_\_\_ Hm #: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please indicate: \_\_\_\_\_ Adult \_\_\_\_\_ Youth (age)

Payment: \_\_\_\_\_ \$25.00 Envelope Number: \_\_\_\_\_

•Return to the office, or the Health & Wellness table. Questions? Visit [www.lacasadecristo.com](http://www.lacasadecristo.com) or contact

