

# Wellness



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## EVENTS WE SPONSOR

- ❖ Kids Triathlon
- ❖ Bike To Work
- ❖ Indian/Celina Run
- ❖ Schweizer Fest  
466 Run/Walkers Last Year
- ❖ Bike Trail Ride
- ❖ Tell City Run - Swim - Run

**Beginning  
Tuesday, March 16  
at 6:00 p.m.  
Tell City High School**



Volunteers and members, from left, are Jennifer Scherzinger, Mayor Barbara Ewing, Chris Hollinden, Katie Chinn, Tony Hollinden, Kathy Kinnett, Eric Kehl and Kip Krizman. Photo taken by Vince Luecke, member.

## William Tell Elementary Kids' Triathlon - Grades 1-5

With the support of Perry County Wellness, last May we held the first annual William Tell Elementary Triathlon. Great partnerships joined to create this fun, safe, and challenging opportunity for our students. They were able to run, bike, and swim utilizing our community's own resources. We expect an even greater turnout this year as we saw the pride and confidence swell in the children who participated and even in those who cheered for the participants along the route. Thank you Perry County Wellness!

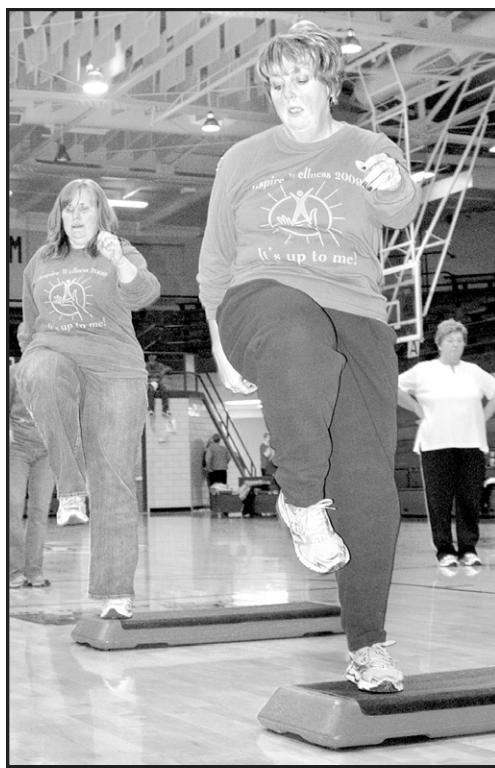
Laura Noble, Principal William Tell Elementary

## Testimonials



Hello! That's me after running 5 miles in 18 degree weather on New Year's Day! Last year at this time, I could hardly run 1/4 mile; now I run 4 to 6 miles several times a week, and my husband and I have completed seven 5K races!

Joyce Stath



The Perry County Wellness Program has given me a boost in improving lifestyle choices over the past year. By combining diet, walking and jogging, I have been able to lose 30+ pounds and I'm still hoping to lose more. My ultimate goal was to no longer take medication to lower my cholesterol, and I have now reached that goal! The diet and exercise has made me feel better, both physically and mentally. In my opinion, there really is no downside to incorporating wellness habits into our lives. Thanks to the Perry County Wellness Program, it gave me that extra incentive to start moving and living a healthier lifestyle!

Debbie Elder

That's me and my father (John) out for a bike ride during a Wellness 2009 sponsored fun ride! Not only are we having a healthy exercise, but it's fun to be together. Seems like more families are out walking, running, and biking. Thanks Wellness 2009 we'll be a part of 2010!

Karen Werner Bender



## Wellness 2010 Application

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_  
 Phone Number \_\_\_\_\_  
 Shirt Size \_\_\_\_\_

I know that running, walking, and exercise are potentially hazardous activities. I should not enter any of these unless I am medically and properly trained. I do waive and forever release any and all claims now and in the future from participation in the Wellness 2010 program in regards to all helpers and the city of Tell City.

I assume the risk of all bodily injuries, including death, resulting from my actions while participating in this program. I hereby hold all parties in the Wellness 2010 harmless from and against all claims.

In the event that the participant is not 18 years old, the undersigned parent agrees to hold harmless the city of Tell City and all members of the Wellness 2010 program.

I agree that 2010 is the year I begin to help myself and my community to be healthier and happier through participation in the Wellness 2010 Six Month Program.

Signature \_\_\_\_\_ Date \_\_\_\_\_

\$2.00 Entry Fee Paid \_\_\_\_\_

Return forms to the Mayor's Office in City Hall, Hollinden Realty or *The News*.

