



Thank you for your dedication to Walk with a Doc. We are thrilled to have your leadership! Through your support, we are taking big steps toward improving the health of Texans and across the country.

We have mailed the following launch kit items being provided as part of the Texas Medical Association Walk with a Doc program (\$3,000 value FREE)

- A "how-to" guide for starting a walk program
- Forms for use at the walk, including a newsletter sign-up sheet, waivers in English and in Spanish, and a sample press release (via email)
- A sample flyer and a sample poster that you may reproduce and write on for promoting the walk
- 25 WWAD Texas t-shirts for walk participants or volunteers
- 25 Pedometers
- 15 WWAD Pens
- One large vinyl promotional WWAD Texas banner (36" x 76") to post in an office or at the walk location
- One WWAD Texas yard sign to post at the walk to notify participants of the walk location
- Water Bottle and Car Magnet just for fun
- Prescription Pads to prescribe walking, the best medicine!
- Liability insurance coverage for the walk- you should receive a certificate of insurance from our insurance partner within a week of your welcome email
- Webpage development and maintenance (by us, for you)
- Newsletter mention welcoming you to the WWAD family (link to your medical webpage included)
- Targeted Facebook ad spreading the word about your first Walk. Created and released by WWAD

Please let us know if you need anything else or have any questions at all and, again, thank you for your support. We look forward to working with you. Don't forget to tag us on Facebook and follow us on Twitter (@walkwithadoc).

Health and happiness,

RLHabash
Executive Director
Walk with a Doc

