



Poker Walk 2019

Come join in the fun and help increase obesity awareness for our local Veterans!

More than seventy-five percent of the Veterans in the US are overweight or obese. This leads to several NCDs (non-communicable chronic diseases) like hypertension, diabetes, heart disease etc. as well as decreased quality of life. To raise awareness of the obesity epidemic and to encourage Veterans to "Commit to Be Fit", the Veteran Obesity Awareness Poker Walk will be held to encourage activity and promote a healthier lifestyle. This event will offer a 2K walk/roll (0.2K for those unable to walk/roll the full 2K). Local community organizations will be present to offer health information and details on the services they have to offer. Test your luck by gathering the best poker hand as you collect 5 poker cards from the designated tables! Top 10 hands will win!

Day of Event

When: Saturday, October 5, 2019

Where: VFW Post 3438
Marina Drive
Dayton, Ohio-45449

When: 10:00 AM to 12 Noon

What: 2k walk *or* 0.2k walk or roll
THEN...

Following the actual fun walk/roll, participants can stroll through the Poker Walk stations, acquiring healthy knowledge and a hand of Poker cards to try their luck at winning the best hand of the day **AND WIN PRIZES!!!!!!!!!!**

Who can participate: Veterans, community members, families and children

Registration:

Prior registration is recommended, but not required. Please complete the Poker Walk 2019 Registration Form also available on website in [pdf format](#). Once form is completed, email form to [VFW Post 3438](#)

Or mail form to:

VFW Post 3438
Marina Drive
Dayton, Ohio-45449

Registration forms can be completed the day of the event at the Registration tent.

Program

FIRST 200 participants to check-in the day of the event will receive a POKER WALK hat!!!!

10:00 AM – 11:00 AM: Registration/Check in

1. Participants can start walking once registered and have checked-in.
2. This is not a race and walkers can begin at any time and walk at their own pace.
3. Once 2K or .2 K walk/roll is completed, participants can begin the Poker Walk. [Poker Walk Rules](#) can also be viewed in [pdf format](#)

11:30 AM: Poker Tally Cards **MUST** be turned into the Judges Station to be eligible for **PRIZES!**

11:15AM to 11: 45 AM: Poker Walk Ceremony

Speakers from participating organizations

11: 50 AM: **POKER WALK WINNERS Announced!!!!**

The top 10 Poker Walk participants with the best POKER HAND will be recognized and will receive prizes. **MUST BE PRESENT TO BE ELIGIBLE FOR PRIZES.**

12:00 N

END

Event Sponsors

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