

LIVE
for your health.

GIVE
for a healthy community.

The 6th Annual Week of Healthy Living, May 2 - 7, 2010 will again provide programs and events to promote healthier and more environmentally-friendly living. This year, in addition to featured guest speakers and exhibitors, JFS will provide topic-related opportunities to **GIVE BACK**, through recycling or donating goods or services.

With your support, we can continue to help over 2,000 individuals each year who need our services more than ever.

One sponsorship can change the lives of many. With your generosity, Jewish Family Service can:

- Provide heat, food and electricity for a family hurt by our current economic downturn.
- Continue care for a homebound individual whose medical costs have become overwhelming.
- Help a child cope with the loss of his/her beloved family member.
- Place a nutritious meal and a friendly face in the home of an aging loved one.



Preliminary Schedule of Events

Sunday, May 2, 2010

**6th Annual
"Run, Roll, or Stroll"**

Sponsored by the
Lori & Michael Glasser Family
8K, 5K, or 1 Mile Run/Walk
Neptune's Park at 31st Street,
Virginia Beach

*Over 400 walkers and runners
expected again this year!*

Tuesday, May 4, 2010

Ear 101: Hearing Loss Throughout Life

Featured speaker:

Brad Kesser, MD, Associate Professor,
Director, Division of Otology/Neurotology,
Department of Otolaryngology – Head and Neck Surgery,
University of Virginia

Thursday, May 6, 2010

**Nutrition for Life: A Panel Discussion
to Feed Mind and Body**

Featured panelists include:

Alan Ganderson, MD, AGAF,
Gastroenterology, Ltd.

Beth Gerstein, MS, RD, CNSD,
Sentara Clinical Nutrition Department

Donald Richardson, MD,
Strelitz Diabetes Center,
Eastern Virginia Medical School

Stephen Wohlgemuth, MD,
Sentara Metabolic & Weight Loss
Surgery Center

*Panel to be followed by a healthy
cooking demonstration with
Phillip Craig Thomason,
Chef/Owner, Vintage Kitchen.*



SPONSORSHIP OPPORTUNITIES:

Diamond Sponsor - \$10,000 and above

- Sponsor of the Week of Healthy Living
- Sponsor of the 6th Annual Run, Roll or Stroll 8K, 5K, or 1 Mile Run/Walk
- Listing on all promotional materials
- Half page ad in all programs
- Featured on Run, Roll or Stroll t-shirts

Gold Sponsor - \$5,000

- Sponsor of either one-day program during the Week of Healthy Living
- Listing in select promotional materials
- 1/4 page ad in all programs
- Featured on Run, Roll or Stroll t-shirts

Silver Sponsor - \$2,500

- Sponsor of the Week of Healthy Living
- Tent Sponsor at the Run, Roll, or Stroll
- Listing in select promotional materials
- Listing in all programs, Silver Sponsor
- Featured on Run, Roll or Stroll t-shirts

Bronze Sponsor - \$1,000

- Sponsor of the Week of Healthy Living
- Listing in select promotional materials
- Listing in all programs, Bronze Sponsor
- Featured on Run, Roll or Stroll t-shirts

Mile Marker Sponsor - \$750

- Sponsor of a Mile Marker at the Run, Roll, or Stroll
- Listing in select promotional materials
- Featured on Run, Roll, or Stroll t-shirts

Supporter - \$500

- Listing in select promotional materials
- Listing in program as a Supporter

Friend of JFS - \$250

- Listing in program as a Friend of JFS

All sponsorship levels will be recognized in the Southeastern Virginia Jewish News.

For more information on the Week of Healthy Living programs and sponsorship opportunities, contact:

Betty Ann Levin, Executive Director, 321.2244
Sue Graves, Fundraising Coordinator, 321.2238

Please turn over for tear-off sponsorship form.