



Endorsed by: MMK Youth & Sports,
Women, Family & Community Development

STRESS-FREE FUN WALK

ZUMBA fitness

Organised by:



With the support of :



STRESS-FREE LIFESTYLE CARNIVAL 2015

In aid of D'Home Mental Health Association - To bring hope and meaning in life to people with mental disabilities and their care-givers & to equip them with coping skills to live purposeful lives.

22 MARCH 2015 (SUN)
TIME : 7.00AM - 2.00PM

PADANG KOTA LAMA
ESPLANADE, PENANG



For more information, contact D'Home at 012-485 6087 (Ms. Sally Yeoh)

FUN WALK / ZUMBA EVENT INFORMATION

OBJECTIVES:

- ✓ To bring hope and meaning in life to people with mental disabilities and their care-givers.
- ✓ To raise public awareness on mental health issues in the community.
- ✓ To promote healthier lifestyle that includes good physical and mental health through active participation in sports & wholesome activities.
- ✓ To reduce societal discrimination and stigma towards people with psychiatric disabilities.
- ✓ To encourage all Penangites to unite for a worthy cause for the benefit of the community.
- ✓ To raise funds for D'Home Mental Health Association.

MAIN ORGANISER:

D'Home Mental Health Association (Persatuan Minda D'Home)

ENDORSED BY:

MMK Belia dan Sukan, Pembangunan Wanita, Keluarga dan Komuniti Negeri Pulau Pinang

WITH THE SUPPORT OF:

MSNPP, PAAA, DELTA, FoodBank4U, Sunquick, IHS, Segi College & Zumba Fitness

ELIGIBILITY:

This walk is open to all members of the public from the age of 13 years and above.

ROUTE:

3.0km Fun Walk

ENTRY FEE:

RM30 per participant (Non-refundable)

** Physically disabled (OKU) participants will be sponsored with volunteers to help push their wheelchairs.

REGISTRATION & PAYMENT:

Please obtain and submit your entry forms at:

- **Delta Extra**
18-01-01, Gembira Parade, Lorong Delima 1, Green Lane, 11600 Penang.
Tel: 04-656 0800
Mon-Fri: 10am-9pm; Sat & Sun: 10am-6pm
- **Delta Burma**
203, Jalan Burma, 10050 Penang.
Tel: 04-226 1600
Mon-Fri: 8am-5pm; Sat: 8.30am-1pm
- **Delta Butterworth**
24,26 & 28, Jalan Perai Jaya 3, Bandar Perai Jaya, 13600 S.P.T.
Tel: 04-399 9800
Mon-Fri: 8am-5pm; Sat: 8.30am-1pm
- Online registration is available at deltaevents.com.my

FOR NON-ONLINE REGISTRATION, PAYMENT MUST BE MADE TOGETHER WITH ENTRY FORM SUBMISSION EITHER BY CASH OR CHEQUE MADE PAYABLE TO "PERSATUAN MINDA D'HOME".

CLOSING DATE OF REGISTRATION :

12 February 2015

FUN WALK PACK COLLECTION:

Date: 7 & 8 March 2015 (Saturday & Sunday)

Time: 10am – 6pm

Venue: 18-01-01, Gembira Parade, Lorong Delima 1, Green Lane, 11600 Penang.

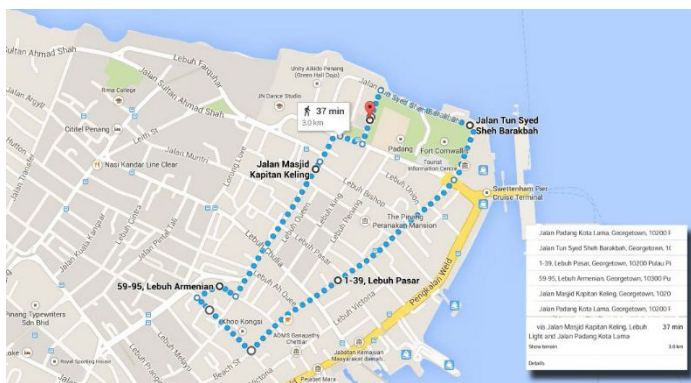
GOODIES BAG COLLECTION, LUCKY DRAW NUMBER & RM10 FOOD VOUCHER

Date: 22 March 2015 (Sunday) [Upon Completion of Walk]

Time: 10am – 2pm

Venue: MPPP Town Hall Porch, Jalan Padang Kota Lama, 10200 Penang.

ROUTE INFORMATION



Start : Jalan Padang Kota Lama >Jalan Tun Syed Sheh Barakbah >Jalan Pantai >Lebuh Armenian >Jalan Masjid Kapitan Keling >Lebuh Light >Jalan Tun Syed Sheh Barakbah > Jalan Padang Kota Lama : **End**

ORGANISER'S

CONTACT INFORMATION:



D'Home Mental Health Association
66 Lintang Bukit Jambul
11900 Bayan Lepas
Penang.

Tel: 04-643 4432 (Ms. Kavita)
Email: dhomepg@gmail.com

Contact Person :

Ms. Sally Yeoh (012-4856087)

CARNIVAL HIGHLIGHTS:

- Fun Walk
- Zumba
- Tai-Chi
- Food Fair
- Fun Walk / Zumba Lucky Draw
- Health Screening & Blood Donation
- Children's Colouring Contest
- Clowns & Sculptured Balloons
- Face Painting
- Laughter & Music Therapy
- Stage Performances



[STRESS-FREE LIFESTYLE CARNIVAL 2015 FUN WALK & ZUMBA FITNESS ENTRY FORM / PARTICIPANT'S PARTICULARS]

Full Name : _____

DRY FIT T-SHIRT SIZE : () XS () S () M () L () XL () XXL

NRIC No : _____

Contact No: _____ Gender : Male /Female

Email Address : _____

Category : Fun Walk / Zumba Fitness

WAIVER CLAUSE

I hereby agree to abide by the rules and regulations of the *Stress-Free Lifestyle Carnival 2015 Fun Walk* and enter the event at my own risk and shall not hold the Organisers, Co-Organisers and Sponsors responsible for any injuries, accidents, death or loss of personal belongings before, during and after the event. I also agree to forfeit the Fun Walk pack & Goodies bag if I fail to collect them on the specified dates. I also give my consent to the Organiser to use any information/ video/photographs taken during the event for any promotional activities. I certify that all the information provided above are true.

Signature

Date

FOR PARTICIPANTS UNDER 18 YEARS OLD

I, _____ I.C. No: _____
parent/guardian of the participant, whose particulars are as above, confirm that I fully understand and appreciate the effect of the above waiver & hereby agree & declare on behalf of the participant that the Waiver Clause will have a binding effect on the participant. I hereby consent to his/her participation in the **Stress-Free Lifestyle Carnival 2015 Fun Walk**.

Signature of Parent/Guardian

Date

