



# JINGLE BELL

## WALK IN THE WATER!

Held in any warm water pool  
Anyone and everyone can participate!

### Day of the event:

- ◆ Decorate the pool area
- ◆ Encourage participants to wear holiday themed hats, scarves, glasses, earrings, etc.
- ◆ Five minute warm up prior to the walk
- ◆ Fifteen minute Walk in the Water (CD provided)
- ◆ Serve holiday refreshments at the end of the event
- ◆ Advertise in your classes and throughout the facility (flyer provided upon request)
- ◆ Publicize the event and invite the general public to join in the fun (press release provided)

***Registration is \$20 for each participant***

Participants receive jingle bells, a t-shirt, a “Beat the Cold” goodie bag and a certificate of completion (provided)

Participants may qualify for additional prizes for fundraising efforts. For more information contact Danielle M. Stephens at 215-574-3060, ext. 112 or via email

[dmstephens@arthritis.org](mailto:dmstephens@arthritis.org).

Proceeds benefit the Arthritis Foundation and help bring programs and services to those affected by arthritis in your community.