

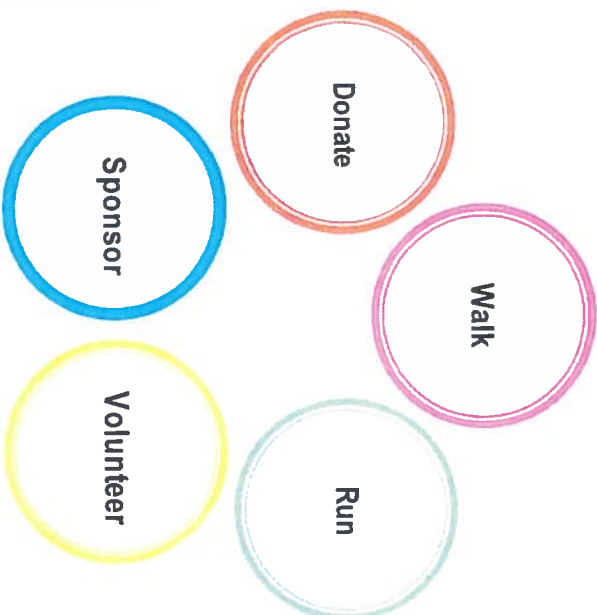
# About SMCOA

The vision of the St. Martin Council on Aging is to enhance the quality of life for the aging in St. Martin Parish, to create an atmosphere of respect, and affirm the self-worth of the aging, by providing services that promote well-being and enable them to remain self-sufficient.

SMCOA provides services to residents of Arnaudville, Breaux Bridge, Butte LaRose, Cade, Catahoula, Cecilia, Coteau Holmes, Cypress Island, Henderson, Parks, and St. Martinville. Limited services are provided to residents of Stephenville, Belle River, and Four Mile Bayou (located in lower St. Martin Parish):

- Congregate Meals
- Home-Delivered Meals
- Homemaker
- Material Aid
- Information & Assistance
- Nutrition Education
- Public Transportation
- Outreach
- Recreation
- Respite Care
- Senior Center Program
- Sitter/Visitation
- SNAP (Supplemental Nutritional Assistance Program)

Help us raise awareness about our Seniors and raise funds to improve their quality of life.



Sign up today!  
Ask your family and friends to join you and enjoy a beautiful day outside while helping others.

For more information contact SMCOA at 337-332-3063

# 2023

*Making Every Day ...*

*A Better Day*

*For Our Seniors*

**Saturday,  
March 18,  
2023**

8:00 a.m. Registration  
9:30 a.m. 5K Run and

Walk Starts

**Parc Hardy**

1290 Rees St  
Breaux Bridge

*All proceeds benefit  
St. Martin Council on  
Aging (SMCOA)*



# HOW TO PARTICIPATE

## Sign up!

Register to participate in the walk or 5K run or both.

## Create a team!

Encourage your family, friends, neighbors, and co-workers to join you in creating a team.

## Be a Team Captain!

Ask a local business to sponsor your team and have a friendly competition with other sponsored teams.

Rally and lead your team during the event.



St. Martin Council on Aging

Making Every Day... A Better Day

# INFORMATION

All participants must register.

Registration Fees:

Individuals: \$25 Teams: \$100

Date: Saturday, March 18, 2023

Place: Parc Hardy

Check-in time: 8:00 a.m.

Start time: 9:30 a.m.

Total distance: 5K (3.1 miles)

(May walk/run shorter distances)

Parking: Behind Parc Hardy

Refreshments, music &

fun for all ages!

For more information contact SMCOA

at 337-332-3063



# REGISTRATION FORM

Yes! I'll Join SMCOA in the Parc!  
(A separate form required for each participant)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

T-Shirt Size (Circle one): XS S M L XL 2X 3X

Please specify (Circle one in each category below):

I am: Adult Child (under 18)

I will participate in: Walk Run Both

I will participate as: Individual Team

(Complete team name/captain information below if on a team)

Team Name: \_\_\_\_\_

Team Captain: \_\_\_\_\_

Team captains: To ensure accurate credit for your team's total, we encourage you to fill in team name and team captain lines on all registration forms and donor forms before distributing them to your team members.

I would like to be a volunteer for this event. Please call me at \_\_\_\_\_

I cannot participate in this event. I have enclosed my donation in the amount of \$ \_\_\_\_\_ to support SMCOA.

Please send me \_\_\_\_\_ extra brochures.

Each Participant must sign below.

I hereby waive all claims against SMCOA, sponsors, or any personnel for any injury that I might suffer in this event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

Yes, I accept the waiver.

Signature: \_\_\_\_\_

Parent or Guardian: \_\_\_\_\_

(if participant is less than 18 years of age)

Please turn in this Registration Form to your Team Captain, drop it off at the Sydnie Mae Durand Senior Center located at 391 Carney Road in Breaux Bridge or mail it to Join SMCOA in the Parc, P. O. Box 39, Breaux Bridge, LA