

**HEALTHSOUTH** and  
Rehabilitation Hospital of Sewickley



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**Leetsdale Post 3372**

## **RIDE FOR THOSE WHO CAN'T**

**September 18, 2010**

Faith in Action is a community program of the Sewickley Valley YMCA that provides volunteer and good-neighborly assistance for senior adults in our area. This assistance extends the time that older adults can live in their own homes, helps them to find other services available in their community, and provides peace of mind.

Simple support, such as taking someone for a doctor's appointment or groceries, running errands, or just spending social time together is life affirming, acknowledging the dignity and worth of each individual. In 2009 alone, Faith in Action provided nearly 1,200 round trips, and thousands of hours of these down-to-earth, yet crucial services for our areas' elderly population. By participating in our "Ride for Those Who Can't", you will further encourage this healthy community interaction.

### **Schedule:**

- 8:30-9:45:** Registration and Breakfast-  
HealthSouth Rehab  
Hospital of Sewickley  
303 Camp Meeting Road  
(former DT Watson Institute)
- 10:00:** Last bike to leave  
(see route info)
- 1:00:** Last bike returns  
Cookout at Leetsdale VFW

### **Bike Route:**

Poker run will start at HealthSouth Sewickley and will follow back roads (19 North to Zelienople, New Castle and 18 South to New Brighton ending at the Leetsdale VFW.

All participants will be given a card at the beginning of the ride.

Cards will be available for purchase at the additional 3 stops before arriving back at the VFW.

***Food-Prizes-Poker Run And More!***

### **Registration Information**

Cost is **\$25** per rider  
**\$15** per passenger.

**CALL:**

**412-741-9622 x 121**

to register by phone  
(credit card payment only)

**Register on-line at:**

**[www.sewickleymca.org](http://www.sewickleymca.org)**

**All proceeds benefit the  
Sewickley Valley YMCA's**



**FAITH  
IN ACTION**

