



SOUL STROLL FAQ

JOIN US TO RESIST HEALTH DISPARITIES IN BIPOC COMMUNITIES



The History

Established in 2002 to increase awareness about good nutrition and physical activity as keys to better health, Soul Stroll is back for 2024!

Saturday, May 18th

Coyote Point Recreation Area in in San Mateo.

Enjoy a 1, 3 or 5 mile Walk, health fair and fundraiser for annual health programs in African American, Latinx and Pacific Island communities.



What Does Your Ticket Buy?

1. Participation in the Walk/Run Fundraiser
2. A Light Breakfast
3. Warm-Up Sessions for All Ability Levels
4. A Healthy Lunch
5. 30+ Wellness Resource Booths
6. FREE Health Screenings & Info
7. Face Painting & Kids Craft Corner
8. Live Music with Guest DJ
9. 1 Soul Stroll T-Shirt (per ticket)

How to prepare for Soul Stroll?

1. Wear a Mask to Protect from Covid
2. Dress in Comfortable Clothes
3. Bring a Blanket or Portable Chair
4. Wear Comfortable Shoes
5. Bring Healthy Snacks for You and the Kids
6. Stay Hydrated, Bring Your Water Bottle
7. Bring Sunscreen and a Workout Towel

Contact Us!

Bay Area Community Health Advisory Council
749 Brewster Avenue
Redwood City, CA 94063
(650) 204-1611

Tickets: www.soulstroll2024.com



BAY AREA
Community Health
Advisory Council