



"If you can't fly,
then run. If you
can't run, then
walk. If you can't
walk, then crawl.
But whatever you
do, keep moving."
-Martin Luther King Jr.

J.D. Designs

messengers of wonder •
Architects of Peace • Healers of Angu-
• Guardians of Nature • "Kindness Rock!"
• Chicks tough enough to pass the torch of ki-
• Empowering Gals • Mentoring • Philanthropy • L-
• Giving of Time, Talents, Treasure • Their Glass is 1/2 Full • S-
Local Commerce • Walking By Foot • Living Healthy • I-
of Wonder • Architects of Peace • Healers of Anguish • L-
of Nature • "Kindness Rock!" • Chicks tough enough to pa-
the torch of kindness • Empowering Gals • Mentoring • Phil-
Giving of Time, Talents, Treasure • Their Glass is 1/2 Full • Su-
Local Commerce • Walking By Foot • Living Healthy • Messen-
Wonder • Architects of Peace • Healers of Anguish • Guardians
• "Kindness Rock!" • Chicks tough enough to pass the torch of
• Empowering Gals • Mentoring • Philanthropy • Giving of Time

Guardian Gals

2ND ANNUAL MAKING CHANGE EVENT

1 Mile Run/Walk
5K Run/Walk
10K Trail Run

SATURDAY OCTOBER 1, 2011
9:00 AM
Gaylord Middle School
Environmental Center/Aspen Park

**10K/5K Run or Walk-\$20 registration fee +
\$100 pledge fee**

1 Mile Run or Walk -\$10 registration fee

TO REGISTER GO TO:
active.com/guardian_gals
Or Contact Abby Hamilton
(989) 390-5749



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MISSION STATEMENT

The Mission of Guardian Gals, Inc. is to actively engage, educate, and offer opportunities for young girls and women to learn skills, behaviors, and knowledge that are necessary for serving as catalysts for the creation of positive societal change. Through mentoring by local community leaders, Guardian Gals, Inc. members are educated & empowered to take voluntary philanthropic and civic action for the common good of family, friends, local and global communities.

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