

JORDAN CREEK
TOWN CENTER



MALL
WALKERS

Presented
by  Mercy

FIND YOUR CENTER

*A new get-healthy program from Mercy Medical Center and Jordan Creek Town Center
for all ages, all fitness levels...all kinds of fun!*



Mercy Medical Center has joined together with **Jordan Creek Town Center** to offer a free, self-paced walking program including health education, fitness and fun. Our mall walkers' program is a great opportunity to discover exercise, improve your current fitness level or simply meet new people. If this sounds like something you would like to be a part of, simply fill out the application form and join the fun!

Why Walking?

One of the best ways to stay in shape is right at your feet! And walking in a comfortable, climate-controlled environment makes it an even better choice. Plus, there's no expensive equipment necessary – all you need is a good pair of shoes.

The benefits are limitless. Because you're getting a cardiovascular workout, at your own pace, your heart and lungs can begin to work more efficiently. You can improve your circulation and strengthen

your muscles. Walking can also reduce tension, insomnia and high blood pressure, plus lower your risk of heart disease and increase your energy level.

Why the Mall?

The bright, airy atmosphere of Jordan Creek Town Center allows for a comfortable, safe environment in which to exercise. The size of the course is large enough that it doesn't become tedious, but small enough to not be intimidating. And weather conditions won't hinder you from being able to exercise year-round. Walking through the mall in a group atmosphere keeps you inspired and more likely to stay committed to your exercise routine. It's fun to share your achievements with other people!

When?

Mall walking hours are from 8 – 10 a.m. Monday – Saturday and 9 – 11 a.m. on Sunday. Mall walker members may enter through any of the mall entrances.

We have other great benefits as well...

At 9:30 a.m., the first Tuesday of every month, an expert from Mercy Medical Center will hold a health seminar in the Town Center Community Room, (located across from the mall management offices near the movie theatres) covering a wide variety of health-related topics – from fitness and nutrition to disease prevention and heart health. Remember, this program is created for you, so your input on what health topics are important to you will also be encouraged. In addition, Mall walker members will receive free periodic health screenings. All screenings are provided by Mercy Medical Center professionals and are strictly voluntary.

Members are eligible to receive fun prizes and incentives, and most importantly, as a member, you will receive an entire program dedicated to improving your overall health and well-being.

Application Form

You may also print out an online application at www.jordancreektowncenter.com. After you have filled it out, simply mail it to 101 Jordan Creek Parkway, Suite 12518 West Des Moines, IA 50266 or drop it off at the Guest Services Center on the lower level center court.

Note: If you are currently under care for any medical conditions, please check with your physician before beginning any exercise program.

Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Phone: _____

Date of Birth: _____ Male Female

Waiver: I wish to participate in the Mall Walkers' program. In consideration of my participation with the Mall Walkers' program, Mercy Medical Center and Jordan Creek Town Center, I, for myself and my successor and assignees, hereby release and discharge Mercy Medical Center and Jordan Creek Town Center and its respective principals, agents, servants, employees or contractors of and from any and all claims, demands and causes of action of whatever nature which I or my successors and assignees may have against any of them for, on account of, by reason of, or arising in connection with such Club of my participation therein and hereby waive any and all claims, demands and causes of action.

I further agree, on behalf of myself, to abide by all the rules and regulations as hereinafter amended or supplemented, established by the Owner and Managing Agent, of Jordan Creek Town Center applicable to the authorized use of the Premises, and agree that my use of the Premises may be cancelled at any time, without prior notice or warning and I disclaim any recourse in the event of such cancellation and agree to immediately vacate the Premises upon request.

I HAVE READ AND FULLY UNDERSTAND THIS DOCUMENT, INCLUDING THE FACT THAT I AM RELEASING AND WAIVING CERTAIN POTENTIAL RIGHTS HELD BY MYSELF AND VOLUNTARILY AND FREELY AGREE TO THE TERMS AND CONDITIONS SET FORTH.

Signature

Date

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