



**Walk *for Wheels* - Covent Garden Market**  
*Friday, March 22, 2013*

Meals on Wheels London  
 356 Queens Avenue,  
 London, Ontario N6B 1X6  
 (519) 660-1430

Pledges collected in cash or cheques (payable to Meals on Wheels London) must be handed in the day of the event.  
 Receipts will be issued for all donations of \$10.00 or more. Donations are also accepted at [www.meals-on-wheels.ca](http://www.meals-on-wheels.ca)

| Sponsor's Name | Address | City | Postal Code | Amount |
|----------------|---------|------|-------------|--------|
| 1              |         |      |             |        |
| 2              |         |      |             |        |
| 3              |         |      |             |        |
| 4              |         |      |             |        |
| 5              |         |      |             |        |
| 6              |         |      |             |        |
| 7              |         |      |             |        |
| 8              |         |      |             |        |
| 9              |         |      |             |        |
| 10             |         |      |             |        |
| 11             |         |      |             |        |
| 12             |         |      |             |        |
| 13             |         |      |             |        |
| 14             |         |      |             |        |
| 15             |         |      |             |        |
| 16             |         |      |             |        |

**Total Amount Collected**

Please attach a second sheet if required.

**Waiver**

Signing this release, I understand the intent thereof, and I hereby release, waive and forever discharge Meals on Wheels London, corporate sponsors, Covent Garden Market and any other parties connected with this event in any way, singly or collectively, from and against any claims, damage costs, expenses, actions and causes of actions, in respect to injury, loss or damage to my person or property however caused as a result of participating in the Walk for Wheels or any activities associated therewith. I hereby consent to and permit emergency treatment in the event of injury or illness.

**Signature:** \_\_\_\_\_  
 (if under 18, parent, guardian must sign)

\_\_\_\_\_  
 Date signed

**Participant Information**

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

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

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone # \_\_\_\_\_



### Unable to Participate and would like to contribute?

Enclosed is my contribution : \$ \_\_\_\_\_

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

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

Postal Code: \_\_\_\_\_

#### Cheques made payable to:

Meals on Wheels London  
356 Queens Ave. London ON  
N6B 1X6

#### VISA / Master Card

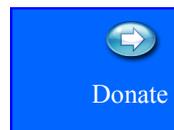
Number: \_\_\_\_\_

Expiry: \_\_\_\_\_

#### On-Line:



1) [www.meals-on-wheels.ca](http://www.meals-on-wheels.ca)



2) Click on donate button

#### Privacy Statement

Meals on Wheels London respects your privacy. We protect your personal information and adhere to all legislative requirements. We do not rent, sell or trade our mailing lists.

### Applaud our Sponsors



DeKay Construction  
Downtown London

Lerners

Libro Financial Services  
Royal Canadian Legion #533  
Toyota Town

“Your service is one of the  
very good things we can  
count on” - meal client

## Meals... *and more*

Since 1969, our vision of a community where more people are able to live independently in their own homes has not changed.

We provide

- 1) daily fresh meal delivery
- 2) weekly frozen meal delivery
- 3) transportation to medical appointments

As the population ages, and hospital stays are shortened, the demand for our services is growing. The gap between our funding sources and the actual cost to deliver our programs is also increasing. Our fundraising efforts help to bridge that gap. By donating to Meals on Wheels London, you ensure that these growing service demands are met.

Everyday over 355 volunteers deliver more than a meal and transportation; they're also delivering a bit of hope, peace of mind and friendship, one smile at a time.

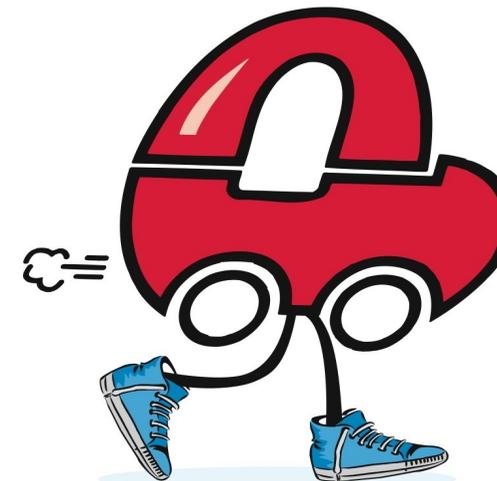
*Independence is what we're driving at*



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Charitable registration -12989 5124 RR001



## Walk *for Wheels*

*Meals on Wheels London  
Indoor Walkathon*

*Friday, March 22, 2013*

*Upstairs at*

## Covent Garden MARKET

**2:15—registration**  
**2:30—walk starts**  
Enjoy refreshments,  
entertainment, door prizes,  
and silent auction

**519-660-1430**