

**KICK-OFF FEBRUARY 11 FEATURING DR. DAVID L. KATZ**

## You're Invited to Join in the 2008 Valley Community Corporate Cup Challenge

[www.valleyunitedway.org/cup/2008](http://www.valleyunitedway.org/cup/2008)

Griffin Hospital, Valley United Way, Valley YMCA and the Greater Valley Chamber of Commerce Health Care Council believe in the value of promoting a healthy lifestyle and invite you and your employees to improve their health, build employee morale and show community spirit. The Community Corporate Cup brings Valley businesses together to promote company and community-wide commitments to health, fitness and wellness through a series of athletic events and healthy activities.

The mainstay of the Community Corporate Cup is the Healthy Team competition where co-workers team up to earn points as they go on a 12-week fitness journey designed to help improve their health and lifestyle. Participants are offered a variety of beneficial programs including healthy meals and cooking demonstrations, stress management classes and free use of Valley YMCA facilities throughout the competition.

Your company's participation encourages employees to improve their health in ways that are both fun and rewarding. For more information, join us for the kick-off on Monday, February 11, 5:30 PM at Griffin Hospital featuring Dr. David L. Katz. Dr. Katz is a nationally renowned authority on nutrition, weight control, and the prevention of chronic disease and author of The Flavor Point Diet, featured daily on Griffin Hospital's menu. Dr. Katz is a regular Contributor for ABC News, Good Morning America, authors a weekly newspaper column on in the New Haven Register, and serves as consulting nutrition expert and columnist to the Oprah Magazine. Register online at [www.griffinhealth.org/events/cckickoff.htm](http://www.griffinhealth.org/events/cckickoff.htm) or call 203.732.7211.



### Schedule of Events

Kick-off  
February 11

Healthy Team  
February 25

Bowling  
March 15

Darts  
March 16

Billiards  
March 31

Volleyball  
April 26

Miniature  
Golf  
May 7

Orienteering  
May 21

2K Walk  
May 29

Horseshoes  
June 7

Awards Ceremony  
June 16

**Want more information, but can't make the kick-off?  
Just visit [www.valleyunitedway.org/Cup/2008/](http://www.valleyunitedway.org/Cup/2008/)  
or call Jack Walsh of the United Way at 926.9478.**

All proceeds benefit the Valley United Way and Valley YMCA.

