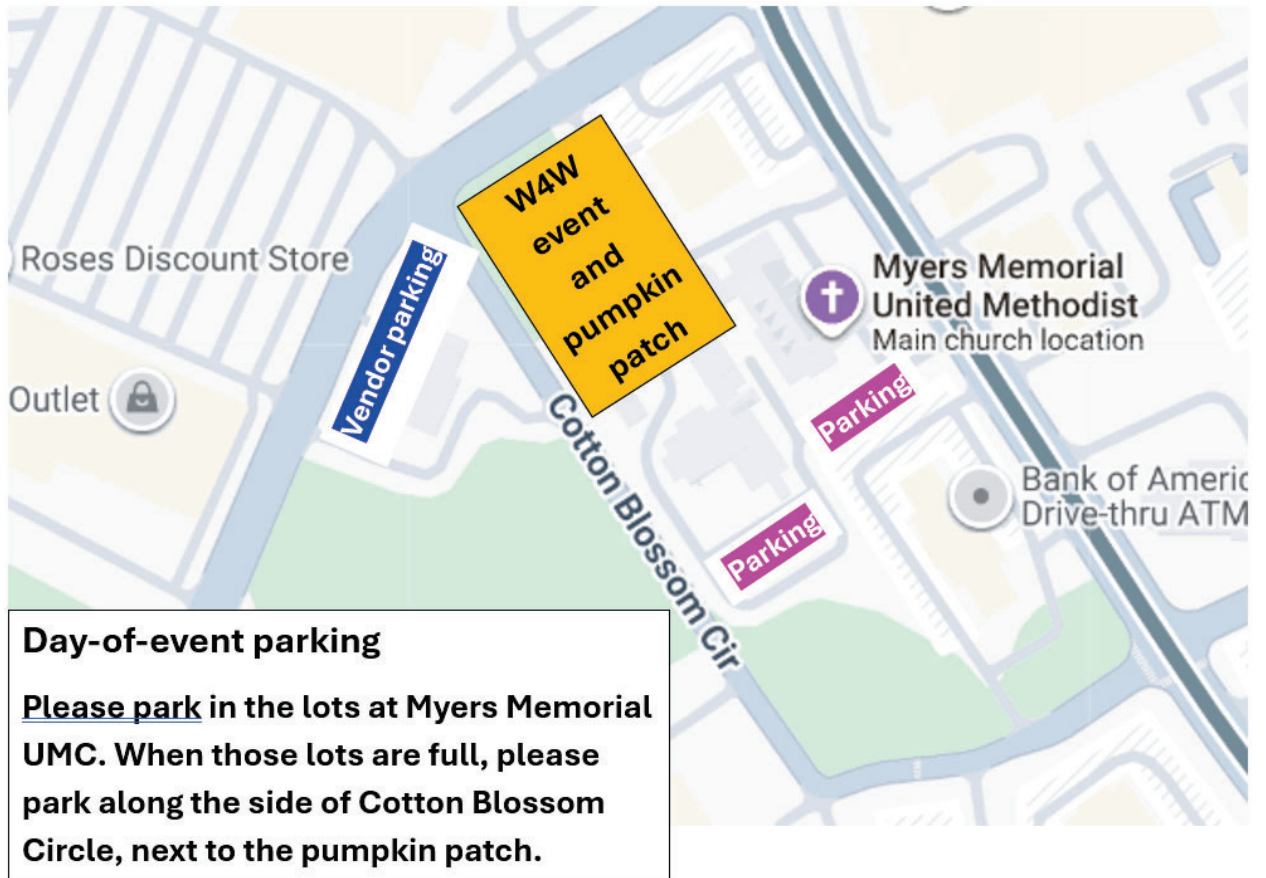


Are you ready for the 2026 Walk for Wellness? Here are a few things to know before you go!

- ***Where can I learn more about the Walk for Wellness event?***
 - Go to <https://gastoncancerservices.org/walk-for-wellness/>.
- ***What kind of services am I supporting through my donation and participation in this event?***
 - The Walk for Wellness is a fundraiser for Cancer Services of Gaston County, who offers resources and support for cancer patients and their caregivers. All of their services are free of charge to local residents in the Gaston County area. See more details on their website: <https://gastoncancerservices.org/>.
- ***What happens at the event?***
 - Here is the agenda for Saturday, October 3rd:
 - 11am
 - Walk kicks off!
 - Health fair vendors, food trucks, craft vendors, and music will begin.
 - Raffle cards will be available to be stamped to be eligible for multiple raffle prizes.
 - One Blood Bus is available for blood donations - even if you don't have an appointment.
 - Mammogram Bus is available.
 - You First Pharmacy will be providing a shot clinic.
 - Fun activities for kiddos will begin.
 - 12:25pm
 - Raffle prizes and 50/50 winners will be announced.
 - Please note you must be present to win.
 - 12:30pm
 - Cancer Survivor Ceremony
 - 1pm
 - Wrap up and clean up.

- ***How long is the Walk?***
 - It's as short or as long as you'd like! We walk around the perimeter of Myers Memorial UMC and you can walk 1 lap or walk for the entire 2 hours.
- ***Where should I park?***
 - The address for Myers Memorial UMC is 301 S. New Hope Rd, Gastonia, NC.



- ***Can I visit the Pumpkin Patch while I'm at the Walk for Wellness?***
 - Absolutely! Myers Memorial United Methodist Church has been making connections in the Gaston community one pumpkin at a time for 47 years! The best place to learn more about the Pumpkin Patch is at <https://www.facebook.com/pumpkinchurchgastonia>.
- ***Where can I learn more about Myers Memorial UMC?***
 - The mission of Myers Memorial United Methodist Church is to cultivate a Christ-centered community that welcomes, loves, and

serves one another and the world. All are welcome! You can learn more here: <https://www.myersmemorialumc.org/>.

- ***What do I do if this sheet hasn't answered my question?***
 - Please check out updates on the [Walk for Wellness Facebook event page](#).
 - You can also reach out to co-chairs Allison Evanoff and Kathryn Lariviere at walkforwellnessinfo@gmail.com.