



1st Annual

Miles for Meals Turkey Trot Gumbo Cook Off

**Saturday, November 12th, 2011
Prien Lake Park Outdoor Pavilion**

**Cooking begins at 6:30 a.m. & Judging will begin at 10:30 a.m.
after 3K walk is complete. Gumbo will be served after judging.**



4 man teams - \$100



**Southern
Home Health**

1st, 2nd & 3rd place prizes

Minimum 5 gallon pots - Rice & paper goods provided

**Need to Pre-Register by Nov. 1st by mailing to:
Southern Home Health, 3417 Patrick St., LC., La. 70605, Attn: Robin Abshire**

Team Name: _____

Participants' names: _____

Phone: _____ **Email:** _____

**All proceeds benefit the Calcasieu Council on Aging Meals on Wheels program to feed our
Homebound Elderly. Thank you for your support!**