

The Sedgwick County Health Department Presents...

# WALK TOBER 2015

Sedgwick County residents are challenged to 'Walk With Me' during WALK TOBER! Whether a friend, family member, neighbor or pet, having a walking partner will remind you to get moving while you enjoy October's mild temperatures! Daily walking helps improve your health, reduce the risk of both stroke and diabetes and enhances your mental well-being.

Thursday, October 1  
through  
Saturday, October 31

Ready to sign up?

Go to [hwcwichita.org](http://hwcwichita.org)  
to register and download your challenge card.

For more information, contact **Skelley Rich** at the  
Medical Society of Sedgwick County - Phone: **316-683-9441**  
E-mail: [skelleyrich@med-soc.org](mailto:skelleyrich@med-soc.org)

This event is presented by:



Sedgwick County...  
working for you



Derby Health  
collaborative



Central Plains Area Agency on Aging  
Butler, Harvey & Sedgwick Counties



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Sedgwick County Health Department  
[www.sedgwickcounty.org](http://www.sedgwickcounty.org)

