

WALK TOBER 2019

Sedgwick County residents are challenged to 'Walk 2 Wellness' during **WALK TOBER!**

Record your physical activity in miles, minutes or steps, and report using the ActiveICT app, online, or mail in your calendar card.

*Tuesday, October 1
through
Thursday, October 31*

Walk 2 Wellness



Sign up for free!

Go to

hwcwichita.org

to register and download your calendar card.

For more information, contact the

Health & Wellness Coalition of Wichita - Phone: 316-776-8177

E-mail: hwcwichita@gmail.com

This event is sponsored by:



Sedgwick County...
working for you



Health & Wellness
Coalition of Wichita
Coordinated. Connected. Committed.



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#Walk2Wellness