

Do you need a boost of
ENERGY
during the work day?



*Then it's time
to get up
and take a*

WALK

Take part in
**Walk
at Work
Day**
**May 15,
2019**

Visit www.hwcwichita.org for more information and to register

- ✓ **LEARN** the benefits of walking at work
- ✓ **FIND** ideas to promote Walk at Work Day, such as group walks, competitions, front desk staff relays, etc.
- ✓ **PRIZES** based on the percentage of employees that walk on this day

