WALKTOBER 2017

Sedgwick County residents are challenged to **'Move Outside'** during WALKTOBER! Record your physical activity in miles, minutes or steps and have a healthy October!

Move Outside

Sunday, October 1 through Tuesday, October 31

Sign up for free!

Go to **hwcwichita.org** to register and download your calendar card.

For more information, contact Becky Tuttle at the *Medical Society of Sedgwick County* - **Phone:** 316-719-7764

E-mail: becky.tuttle@ymcawichita.org

This event is sponsored by:

Health ICT
Innovate & Coordinate to Transform the Health of Wichita

HEALTH GENESIS CLUBS

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