

MARCH *Into* MAY

6- Week Team Walking Challenge

50 POINTS



WHEN

Begins **March 25th - May 3rd**
Sign up **here** by March 18th.

WHO

Any SLCo employees and Healthy Lifestyles participants.

WHY

To lengthen the lives of SLCo employees by reducing the onset of diabetes, cardiovascular diseases, and cancers through steps.

CONTACT

myhealthylifestyles@slco.org
385.468.4062

Join us for a
Healthy Lifestyles

5K

FRIDAY, APRIL 26TH

**More details
to come!**

