

Connecting WELLNESS



Work

Family

Community

National Employee Health & Fitness Day May 17 • Walk anytime between 11 a.m. and 2 p.m.

Three Downtown Routes

1. Downtown West (to Missouri River Bridge)
Starts at West High Street and Broadway
2. Downtown Fitness Mile
3. Downtown East (to old prison location)
Starts at the MODOT/Jefferson Building



Like us on Facebook: www.facebook.com/HealthyLivingMo

May 17, 2017

National Employee Health & Fitness Day

Registration Form

Start	Midpoint	End
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REMEMBER to get your registration form stamped at the start, midpoint and end of your walk

To be eligible for prize drawings, after you walk, please turn in your completed registration form at the registration table at the corner of Washington and High Streets. Winners will be notified by email or phone by **June 13**. If you do not wish to enter the prize drawings please check the following box.

Name: _____ Agency: _____

Work Phone Number: _____ Email: _____

Work Mailing Address: _____

Connecting WELLNESS



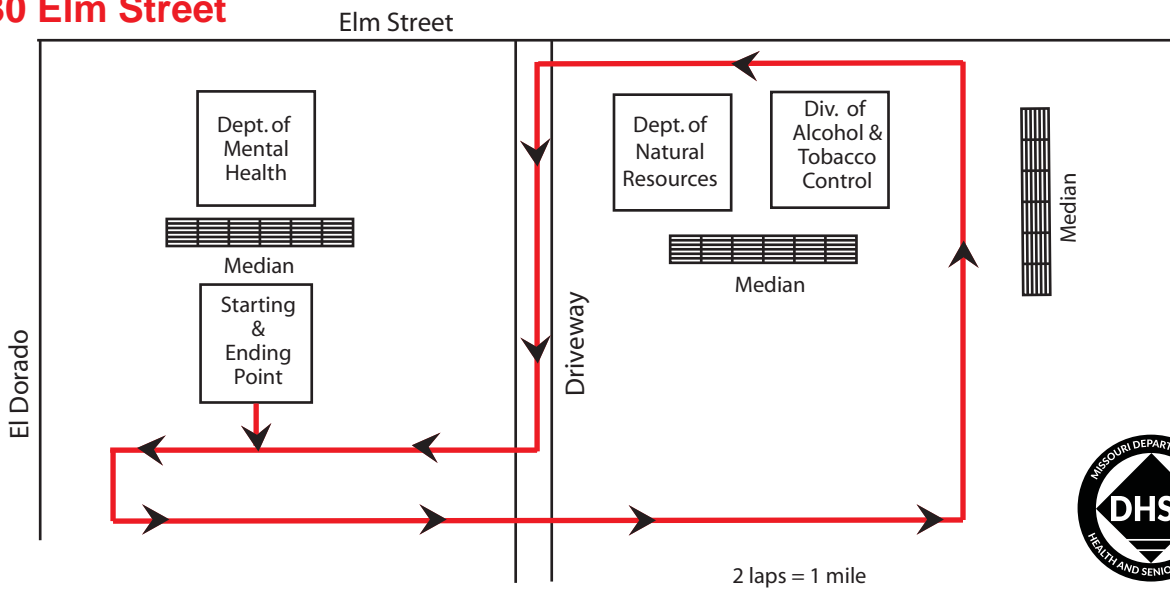
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National Employee Health & Fitness Day May 17 • Walk anytime between 11 a.m. and 2 p.m.

Route 2 - 1730 Elm Street



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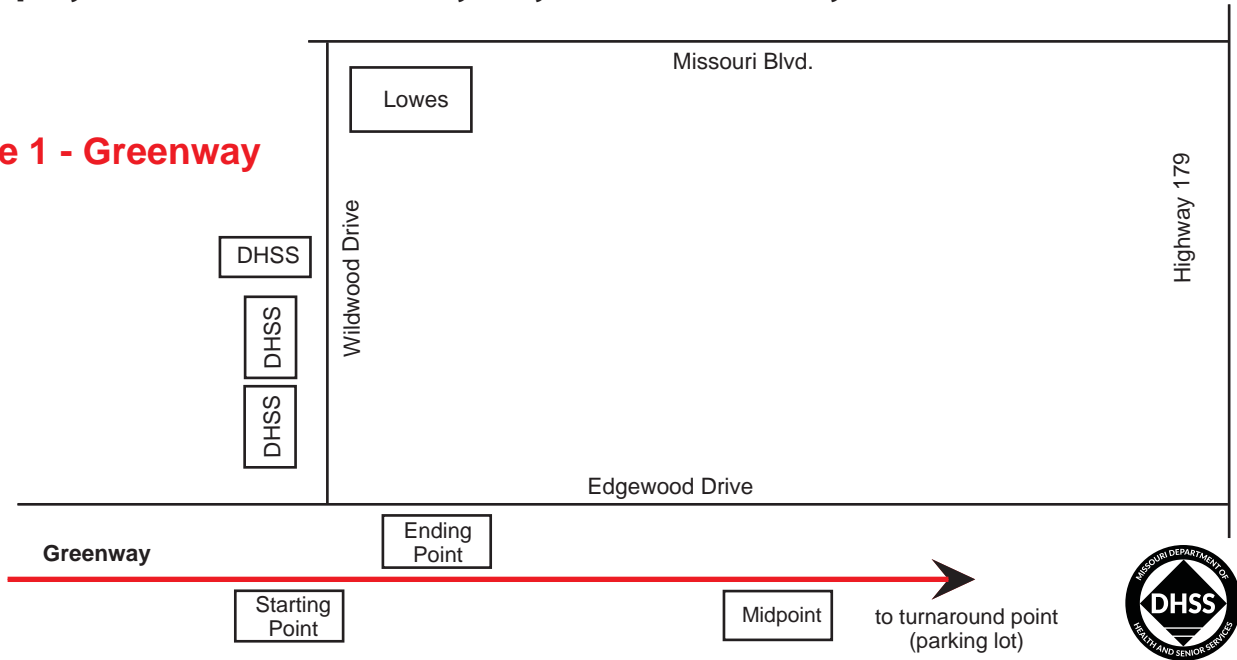
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Route 1 - Greenway



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May 17, 2017

NATIONAL EMPLOYEE HEALTH AND FITNESS DAY

Connecting **Wellness**

Work • Family • Community

Join employees across the state on a walk for health. Live well. Be well.

Walk anytime between
11 a.m. and 2 p.m.

Enter to win prizes!

Follow a planned route or
choose your own route!

In Jefferson City:

- Route 1 - Greenway at Edgewood and Wildwood
- Route 2 - 1730 E. Elm (DNR/DMH Building)
- Route 3 - 1101 Riverside Dr. (DNR Lewis & Clark Building)
- Route 4 - Missouri State Public Health Lab

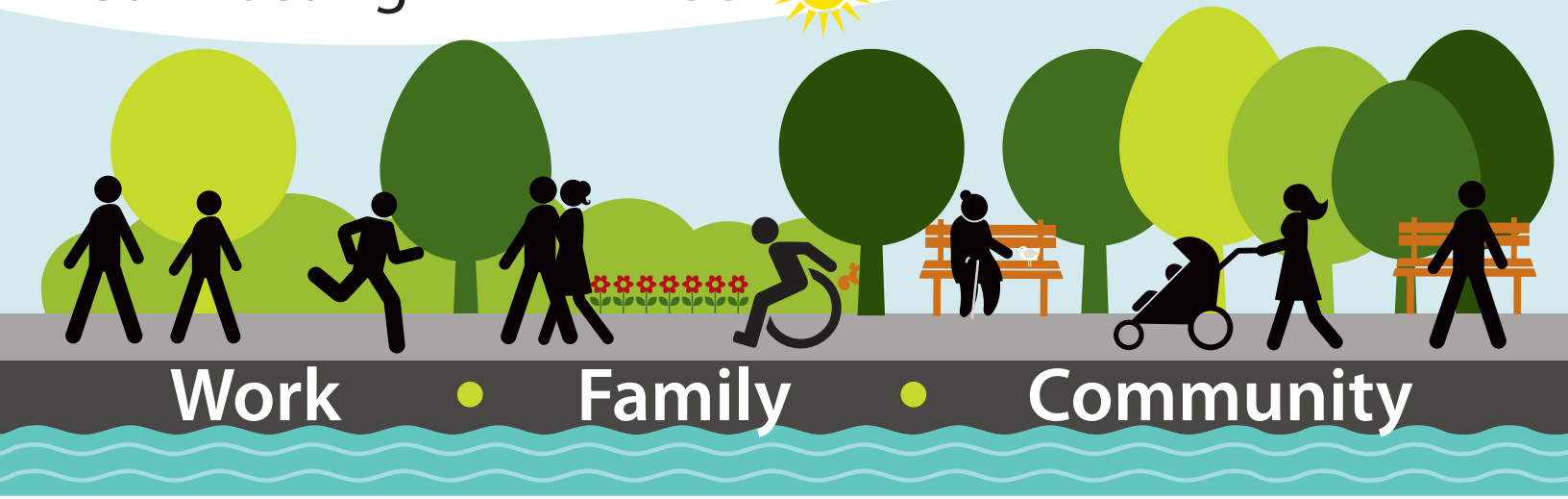
Downtown Routes

- Fitness Mile
- Downtown West (W. High St. & Broadway)
- Downtown East (MODOT/Jefferson Building)



Register at
health.mo.gov/nehfd

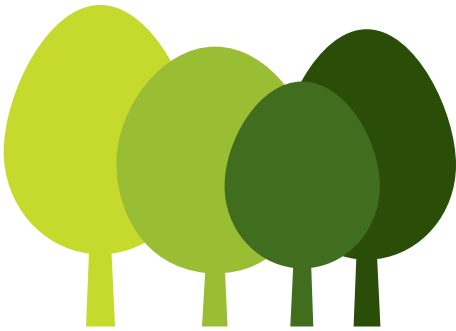
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Enter to win prizes. Follow a planned route, or choose your own!

National Employee Health & Fitness Day

May 17, 2017



Registration Form

I completed a walk on National Employee Health and Fitness Day (please check box).

I do not wish to enter the prize drawings (please check box).

To be eligible for the prize drawings, send completed registration form via interagency mail by **May 27** to: Missouri Department of Health and Senior Services, Attention: Kathleen Gregory, 920 Wildwood, P.O. Box 570, Jefferson City, MO, 65102-0570.

Name: _____ Agency: _____

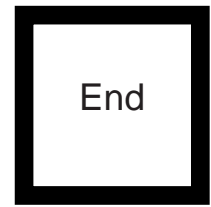
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May 17, 2017

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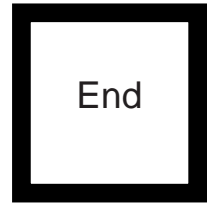
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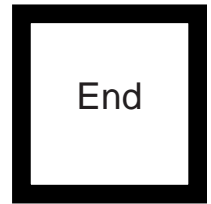
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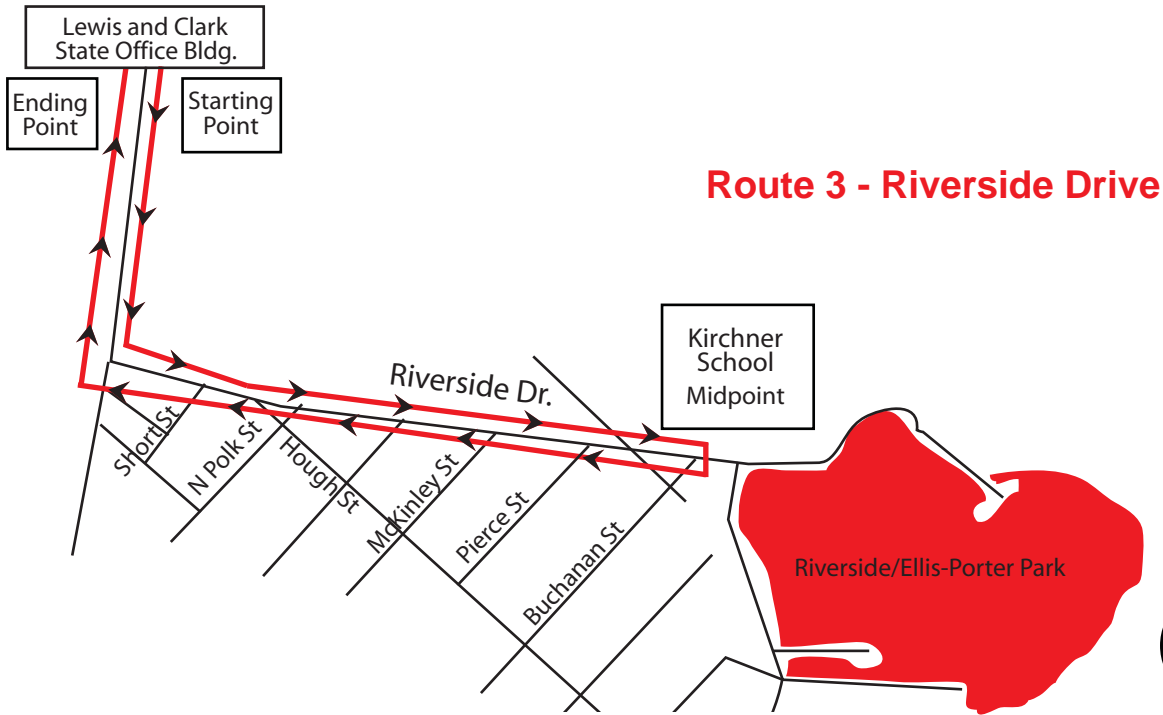


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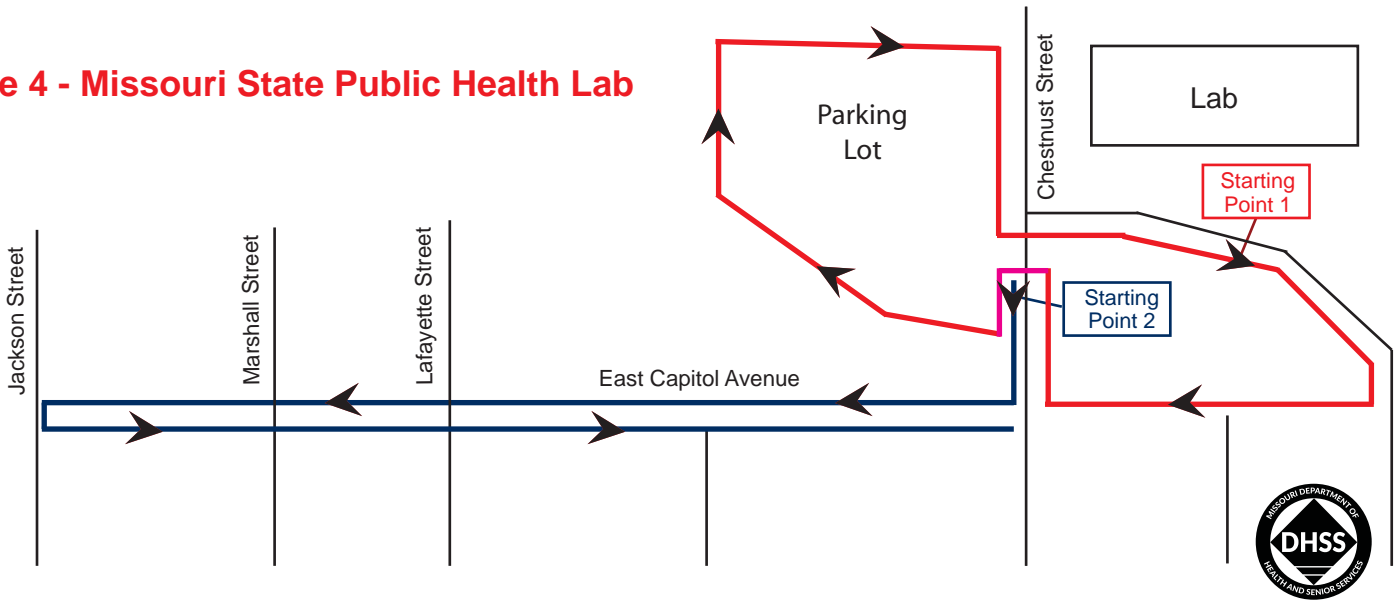
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Route 4 - Missouri State Public Health Lab



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