



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