

NATIONAL EMPLOYEE HEALTH & FITNESS DAY

FIND YOUR BALANCE

May 15

Join employees across the state on a walk for health.

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



Three Downtown Routes

- Downtown West (to Missouri River Bridge)
Starts at W. High St. and Broadway
- Downtown Fitness Mile
- Downtown East (to old prison location)
Starts at the MODOT Jefferson Building

May 15, 2019

National Employee Health & Fitness Day Downtown Routes

Registration Form



REMEMBER to get your registration form stamped at the start 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, or fax it to 573-522-2856 by **May 28**. Winners will be notified by email or phone. If you do not wish to enter the prize drawings, please check the following box.

Name: _____ Agency: _____

Work Phone Number: _____ Email: _____

Mailing Address: _____ Like us on Facebook:
www.facebook.com/HealthyLivingMo