

NATIONAL EMPLOYEE HEALTH & FITNESS DAY

May 16



#wellbeing

Join employees across the state on a walk for health.

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

In Jefferson City:

- Route 1 - Greenway at Edgewood and Wildwood
- Route 2 - 1730 E. Elm (DNR/DMH Building)
- Route 3 - 1101 Riverside Drive (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)

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



Registration forms at www.health.mo.gov/nehfd