

JOIN US APRIL 27!

Turn a working lunch into a **WALKING** lunch!

Walking is one of the easiest and most effective forms of exercise, but it can be hard to find a time to enjoy it. That's why we are inviting you to walk during your lunch at the 11th annual National Walk@Lunch Day on Thursday, April 27.

When: Thursday, April 27, 2017, 11:00-1:30

Where: Register in Charger Union, walk for a while on the University Greenway

**Don't forget your walking shoes on
Thursday, April 27!**



Walking for the health of it.



**BlueCross BlueShield
of Alabama**

An Independent Licensee of the Blue Cross and Blue Shield Association