

# JOIN IS APRIL 26!

## 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 13th annual National Walk@Lunch Day on Friday, April 26.

**When:** Friday, April 26, 2019, 11:00-1:00

**Where:** Registration table outside Charger Union,  
walk for a while on the Greenway

Don't forget your walking shoes on Friday, April 26!



*Walking for the health of it.*



**BlueCross BlueShield  
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