



Employee Wellness Walk

Strides to be Tobacco Free

Thursday, November 5, 2009



Take 20 Minutes to Walk and Get Wellness Points!

Join your fellow employees on a Wellness Walk around main campus on November 5. Enter the route at any point and **walk anytime between 11 a.m. and 2 p.m.** Visit each “rest stop” and get your map signed at each stop and you’ll be eligible to get Wellness Points.

All employees who complete the Wellness Walk will receive 40 Wellness Reward Points (worth \$1) that can be redeemed for wellness products at the new 360-5 Wellness Store on main campus or at www.360-5.com. Shop for products that will help you achieve your wellness goals.

For more information go to www.cchs.net/wellness

Register to Receive Wellness Points

Name: _____

Employee ID: _____

Institute: _____

Email: _____

Drop off this form at any rest stop when you complete the walk.