

# Employee Wellness Walk

Wed., Nov 4 - Thurs, Nov. 5

11 pm to 11 pm



## Strides to be Tobacco Free! Take 20 Minutes to Walk and Get Wellness Points!

Join your fellow employees on a Wellness Walk around Lakewood Hospital on Nov. 4 & 5 from 11 pm to 11 pm. Take 20 minutes out of your day to walk inside, outside or on the atrium treadmills (when not in patient use). Walking route maps will be available.

Look for the gold boxes near: ER, cafeteria, 2<sup>nd</sup> floor bridge, atrium treadmills, lobby info desk, and ground floor across from admin. Complete the registration form by the box and you will be entered to win one of 3 great prizes: \$50 gift cert. to Geiger's, \$40 gift cert. to Nature's Bin, or a one hour massage gift certificate!

Also, 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](http://www.360-5.com).

## Register to Receive Wellness Points

Name: \_\_\_\_\_

Employee ID: \_\_\_\_\_

Institute: \_\_\_\_\_

Email: \_\_\_\_\_

Drop off this form in any gold box when you complete the walk.