



**April 1 to 29**

**Sign-ups begin Wednesday, March 18.**

**Join us on National Walking Day, Wednesday, April 1, at 10 a.m. or 2 p.m. at any of the following locations:**

Norton Audubon Hospital – Patio  
Norton Brownsboro Hospital – Lobby  
Norton Children’s Hospital – Outside Norton Hospital cafeteria  
Norton Hospital – Outside cafeteria  
Norton Women’s & Children’s Hospital – Next to the Bistro  
Watterson Tower – Y @ Work Fitness Center

You’ll earn healthy action points toward completing step 4.

**7,500 steps = 1 point!**

To join the challenge, sign up at [NGoodHealth.com](http://NGoodHealth.com)

### Questions?

Contact N Good Health at (502) 629-2162 or submit a service request form on N Good Health’s page under Departments on **Nsite**.

