



Let's Celebrate National Walking Day!

Join your **NCMC Wellness Champions** and walk 30 minutes on Wednesday, April 1!

We will have **2 walking options** this year!

- Walk inside **between 11a-1p**.
- Stop at check points along the way to collect sneaker stickers.
- Walk the check points 3 times and collect 5 different colored stickers to earn **10 Program Activity points**.*
- Start your walk at any of the locations below and choose your own path.
- The check points will be the following locations:
 - ⇒ Main desk registration
 - ⇒ ED registration desk
 - ⇒ Surgery desk
 - ⇒ Admin Office
 - ⇒ ESD office (basement)
- **Or**, walk the outside campus path at your leisure during your shift.

*Bring your smart phone to earn the **10 Program Activity points** by scanning the QR code.

After your walk, you will get to pick a prize! Looking forward to seeing everyone on the 1st!

Not working on Wednesday or during these hours? Walk 30 minutes during your shift and send an email to Angela Stringer. She will send you your prize and the QR code to earn your points.

