



Join us for National Walking Day

Wellness Walk

A perfect way to boost your mood, move your body, and earn NGood Health points!

NATIONAL WALKING DAY!

**WEDNESDAY
APRIL 1ST
NWCH**



Walk whenever you can!

Starting at Midnight on April 1st, pick up an indoor or outdoor map at the front desk by the gift shop. A QR code will be available to scan for 10 NGoodHealth points.

For a chance to win a gift card or meal voucher, take a photo of yourself walking and post it in our FB group "Team NWCH."