



THE 2011 STEP-UP PROGRAM WILL BEGIN ON MONDAY, APRIL 4, 2011



It's time to pull out your pedometers from last year, dust them off, and start walking!

Are you ready for the challenge?

All employees are encouraged to start walking and log steps!

All Lake County employees are eligible to participate as an individual or on a team.

Monthly prizes to be awarded!

Walk-n-Salad Lunch on Wednesday, May 18, 2011!

Pedometers can be purchased for \$8.00.

Please register by submitting your individual name or team name, captain, participant names, and total request of pedometers to Jackie Via, Wellness Coordinator at jvia@lakecountyohio.org
by

Thursday, March 31, 2011

See attachment for details!

