

REMINDER TO ALL LAKE COUNTY EMPLOYEES

THE 10,000 STEP-UP PROGRAM IS JUST AROUND THE CORNER!



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

Monday, March 16, 2009

All employees are encouraged to participate!

Team prizes will be awarded based on the highest average of steps logged. An individual participant will be awarded a prize based on the most steps!

***And, as the weather gets nicer we will have a walk-and-lunch!
This year, we plan on having a salad lunch!***