

## ***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](mailto: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!***