



# National Walk @ Lunch Day®

*Walking for the health of it.*

**Don't forget your walking shoes on Wednesday, April 30!**

***Turn a working lunch into a walking lunch***

Walking is one of the easiest and most effective forms of exercise, but it can be hard to find time to enjoy it. That's why we are inviting you to walk during your lunch at the 8th annual National Walk@Lunch Day on Wednesday, April 30.

<b>When:</b> _____
<b>Where:</b> _____
<b><i>For more information, contact:</i></b> _____