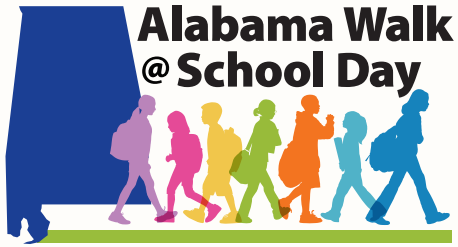

Walking for the health of it.

presented by

BlueCross BlueShield of Alabama

An Independent Licensee of the Blue Cross and Blue Shield Association

This is to certify that

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participated in Alabama Walk @ School Day.

Remember: Walking is one of the best ways to excercise.
It helps your bones and muscles grow healthy and strong.