JOIN US!

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 12th annual National Walk@Lunch Day.

When: _____

Where: _____

For more information, contact:

_____

Don't forget your walking shoes !

National Walk @ Lunch Day®

Walking for the health of it.

BlueCross BlueShield of Alabama

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