

2018 Walking Challenge

Join us for the St. John Medical Walking Challenge.

On Thursday, August 2nd, we will leave Lakewood at 10:30 AM, for a fun screening session at St. John Medical. Get a pep talk, along with a goodie bag, which will include a new and improved pedometer.

Over the course of six weeks, there will be multiple opportunities to walk and get other exercise: Sittercise on Mondays, Walking at Lakewood Park on Tuesdays. Walking at Great Northern Mall on Fridays, as well as Tai Chi and Jazzercise on Fridays. All this along with our WOW Group on Wednesday morning providing useful tips and help.



We will wrap up on Thursday, September 13th with a reassessment. On Friday, Sept. 14th, we are invited back to St. John's for a celebration lunch and awards ceremony. There will be PRIZES awarded for "Most steps taken", Biggest blood pressure drop, as well as "Greatest weight, glucose and cholesterol drops".

Take this opportunity to make some healthy changes. If you are interested, We need to have you registered by Wednesday, July 25th.



DEPARTMENT OF HUMAN SERVICES
DIVISION OF AGING



University Hospitals
St. John Medical Center
A CATHOLIC HOSPITAL

St. John Medical Walking Challenge – August 2, 2018 at 10:30 AM

Name _____

Address _____

Phone _____

Ride from home at 8:30 _____ 9:45 _____

Only a ride from Center West _____ East _____

Emergency Contact name and number _____

Lunch
YES _____
REGULAR _____
ALT _____
BOX _____

MONEY IS NOT REFUNDABLE

Staff use only

Received: Date _____ Time _____ Fee _____ Staff Initials _____