



# the sedgwick county HEALTH DEPARTMENT

is celebrating **National Employee Health and Fitness Day**  
on **Wednesday, May 18** by sponsoring the

## *Sixth Annual Walk at Work.*

This event encourages regular physical activity, such as walking, to help individuals achieve and maintain body weight and reduce the risk of stroke and diabetes. Participating worksites are asked to plan a walk for employees over the lunch hour or during a break in the work day. Participants will be eligible to win a Nintendo Wii!



## Walking builds and maintains

healthy bones, muscles and joints, helps with weight control, decreases symptoms of anxiety and improves your mood. All walking participants will be eligible for a prize drawing.



# Join us for WALK AT WORK May 18



*Sedgwick County...*  
*working for you*

To register for the **prize drawing**,  
visit [www.sedgwickcounty.org](http://www.sedgwickcounty.org)

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Contact Name

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Organization

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Number of Employees

- I would like materials (fliers, posters, etc) to help promote this event at my worksite.
- I would like assistance in measuring an official walking path.
- I would be interested in participating in a "step challenge."

Please email your completed registration to [jkubersk@sedgwick.gov](mailto:jkubersk@sedgwick.gov) or fax it to 316-660-7431. For questions, call Jalaa at 316-660-7350.