



MAYWOOD WELLNESS CHALLENGE

12 WEEK WALKING PROGRAM

HELP US REACH 15 MILLION STEPS

JOIN US RAIN OR SHINE ON

WEDNESDAYS @ 7PM FOR A 30 MINUTE WALK

MARCH 27, 2019 – JUNE 12, 2019

MEMORIAL PARK FLAGPOLE (WWII MONUMENT)

OPPOSITE MEMORIAL SCHOOL (764 GRANT AVENUE)



Meet each week or stop by when it is convenient for you.

Register to be added to our email reminder list.

Walking on your own? Email your walking log to the email address below to be added to our count – help us hit our goal!

A fun way to be active while socializing with your neighbors!

Participant agreement/waiver/release form required for new participants.

MAYWOOD BOARD OF HEALTH

201-845-2900 x211 • TGRUNSTRA@MAYWOODBORO.ORG

