



Maywood Wellness Challenge

8 Week Walking Program

Help Us Reach 13 Million Steps

Join Us Rain or Shine on

**Wednesdays @ 7pm for a 30 Minute Walk
(Start Time May Be Adjusted Due to Sunset Times)**

September 9, 2020 – October 28, 2020

Social Distancing Measures Will Be Utilized

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

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