

# **Maywood Wellness Challenge 8 Week Walking Program**

**Help Us Reach 20 Million Steps  
Wednesday, April 9, 2025–Tuesday, June 3, 2025**

**Rain or Shine Wednesdays @ 7pm  
30 Minute Walk Around Memorial Park (3 Laps)  
Meet at Memorial Park Flagpole  
(WWII Monument) Opposite Memorial School**

**Track Your Steps Outside the Weekly Walks  
Email your walking log to the email address below  
to be added to our count–help us hit our goal**

- Meet each week or stop by when it is convenient for you**
- Register to be added to our email reminder list**
- Waiver form required for new participants**

**Maywood Board of Health  
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201-845-2900 x211**