

Maywood Wellness Challenge 8 Week Walking Program

**Help Us Reach 20 Million Steps
Wednesday, April 8, 2026–Tuesday, June 2, 2026**

**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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