



It's time to  
**feel good!**

May 19, 2010

## **NATIONAL EMPLOYEE HEALTH AND FITNESS DAY**

Join employees across the state on a walk for health. It's time to feel good!

**Walk anytime between  
11 a.m. and 1 p.m.**

Follow one of the four organized routes or choose your own route. Employees in downtown Jefferson City can walk the Downtown Fitness Mile.

### **Four locations In Jefferson City:**

- Route 1 - Greenway at Edgewood and Wildwood
- Route 2 - 1738 East Elm (DNR/DMH Building)
- Route 3 - 1101 Riverside Drive (DNR Lewis & Clark Building)
- Route 4 - Missouri State Public Health Lab

Register at [www.dhss.mo.gov](http://www.dhss.mo.gov)

