

Take the road to good health

# National Employee Health and Fitness Day

**MAY 18, 2011**



**Join employees across Missouri on a walk for health!**

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

Follow one of the four organized routes or choose your own route

- Route 1 - Greenway at Edgewood and Wildwood
- Route 2 - 1730 East Elm (DNR/DMH Building)
- Route 3 - 1101 Riverside Drive  
(DNR Lewis & Clark Building)
- Route 4 - Missouri State Public Health Lab

In downtown Jefferson City, walk the Downtown Fitness Mile



**Register at [health.mo.gov](http://health.mo.gov)**