


You Count, Your Steps Count Walking Challenge News and Updates




Walking Teams (all 40 of us)

Wow what a quick 6 weeks. Jam full of kids and work things. And on top of that and our own family obligations we all have gotten out there and amassed a HUGE number of steps. We Count and our steps count!!!!

We have teams that are consistently cranking out great numbers. 

We have lots of folks exercising        

and getting flu shots  to boost their number.

And most impressively we have teams and individuals who are setting goals and meeting them, slow and steady progress really does pay off.   

WAY TO GO EVERYONE!



Please put on your calendars:

Final Celebration for recognition and team!

This is the real day and time (disregard any announcement that said the 19th- It conflicts with another meeting)

Wednesday, November 18th at 4 pm.

Flyer to follow

The Wellness Team

Mariane Pope, Annie Berger, Cheri Meeker, Linda Converse, Kelly Ceder, Terry McElligott