



2017 Alabama Employee Health & Fitness FUN Walk

Get your walking shoes ready, and make your plans to participate in the annual Employee Health & Fitness Walk on May 12th. This day is aimed at promoting awareness for the benefits of physical activity and improving overall employee health and wellness. This event will include a one-mile “Fun Walk” around the State Capitol and will offer **MULTIPLE START TIMES**. Vendors will share health and fitness information beginning at 10:00 a.m. and healthy snacks and drinks will be available at the finish line after each scheduled walk. Prizes will be available after the event - you do not need to be present to win.

Date: Friday, May 12, 2017

Location: State Capitol (South Lawn), 600 Dexter Avenue

Scheduled Walks: 10:30 am, 11:00 am, 11:30 am, 12:00 pm, 12:30 pm

Visit with Vendors: 10:00 am – 1:30 pm

Walk Route: Starts and ends at the Avenue of Flags (circular drive)

To Register and/or purchase a walk shirt: Visit www.adph.org/nutrition
or <http://www.adph.org/Extranet/Forms/Form.asp?formID=6310>

This event is sponsored by the Alabama Department of Public Health, the Governor’s Commission on Physical Fitness and Sports, the Alabama Sports Festival Foundation and the State Employees’ Insurance Board.

