

# UNM Walk for Wellness Wednesday

Let's get out and celebrate National Walking Day  
Join me on Wednesday, April 1!

- Area Walking Leader(s): \_\_\_\_\_
- Walk Start/End Location: \_\_\_\_\_
- Walk Start Time: \_\_\_\_\_
- Length of Walk (in time or miles): \_\_\_\_\_

**Added Bonus:** Any participant who posts a selfie of your walking group to the UNM Employee Wellness Facebook page and likes us will be entered to win Employee Wellness swag. Just hashtag #unmwalks and be sure to follow us!

