## National Employee Health and Fitness Month

## **Employee Health and Fitness Walk!**

Join us for a two mile route.



All fitness levels are encouraged to participate. You choose the pace that is comfortable for you.

## Friday, May 18 from 12:15 pm-1:00 pm Departing from Regents Plaza

Water and apples will be provided

Fleming Wellness Committee Website: http://fleming.bf.umich.edu/wellnesscommittee/