



STEP INTO WELLNESS WITH A WALKING LUNCH

National Walk@Lunch Day is Wednesday, April 29th.

Walking is one of the simplest, most effective forms of exercise, but it can be hard to find time in your busy schedule. National Walk@Lunch Day gives you the perfect reason to do something good for yourself over your lunch break, whether with your colleagues or on your own.

Date:

Time:

Location:

Details:



Share the fun!

Post your walking photos and tag @BlueCrossVT on Facebook and Instagram.

(put your unique walking event information here)



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