

Bring your walking shoes to work!

# National Walk @ Lunch Day®

Wednesday, April 30, 2014



Let's walk!

Join *Erie County Department of Health, Wellness Institute of Greater Buffalo* & working Americans around the country for a brisk Spring walk at lunch.

Walk led by Phil Haberstro-  
Wellness Institute



\*A brisk 30 minute walk 5 times/week burns about 1050 calories!

11:45 AM Registration –  
Please sign in-Rath Lobby

12:15 PM Walk – 1.5 mile  
or 3000 steps! 30 minutes\*

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