

# Wellness News

A Wellness Program survey was sent out on the 8th of April. Please take a few minutes and answer the questions. For completing the survey you can receive a free movie ticket. The deadline is April 19, so don't delay. If you did not receive the survey, please contact Cat Miner.

We only have a few more weeks left in the 3rd quarter . Keep moving to get your 7,000 steps per day.

Spring is in the air! It's a fun time to get out and enjoy our beautiful state. Recharge your battery by taking a walk or working in the yard.



*experience life \* live life \* the healthier way*