



NATIONAL EMPLOYEE HEALTH & FITNESS DAY

FIND YOUR BALANCE

May 15

Join employees across the state on a walk for health.

Walk anytime between
11 a.m. and 2 p.m.

National Employee Health & Fitness Day

May 15, 2019

Enter to win prizes. Follow a planned route, or choose your own!

I completed a walk on National Employee Health and Fitness Day (please check box).

I do not wish to enter the prize drawings (please check box).



Registration Form

To be eligible for the prize drawings, send completed registration form via fax at (573) 522-2856 or interagency mail by **May 28** to: Missouri Department of Health and Senior Services, Attention: Susan Demsko, 920 Wildwood, P.O. Box 570, Jefferson City, MO, 65102-0570.

Name: _____ Agency: _____

Work Phone Number: _____ Email: _____

Mailing Address: _____ Like us on Facebook:
www.facebook.com/HealthyLivingMo

Winners will be notified by email or phone by **June 10**.