



WHERE YOU
BELONG
Find health and closer connection.

WELL WISCONSIN 5K WORKSHOPS

As you MOVE FOR A MILLION—that is, move the equivalent of a million steps in ways that work for you, join the Well Wisconsin team for one or multiple 5K workshops across the state the week of April 22. Choose how you want to move and the training level that best suits your current fitness level as you prepare to run, walk or roll a 5K. Register today! Invite your co-workers for a team-building activity or bring your family or friends along for this event, simply ask them to complete the registration form.

5 locations with multiple time options:

- Hank Aaron State Trail, in Milwaukee, WI, **Tues., April 23 at 5:30 pm**
- High Cliff State Park's Red Bird Trail, in Sherwood, WI, **Wed., April 24 at 7 am**
- Capital City State Trail, in Madison, WI, **Thurs., April 25 at 4:30 pm**
- 400 State Trail, between Elroy and Reedsburg, WI, **Fri., April 26 at 11:30 am**
- Mascoutin Valley State Trail, in Fond du Lac, WI, **Sat., April 27 at 9 am**

Click or scan to
register today!



After you register, we'll follow up with an email from wellwi-employersupport@webmd.net with details about where to meet for the workshop(s) you select. If you have questions about this event, please contact us at wellwi-employersupport@webmd.net.

Find health and closer connection after the workshop by meeting weekly for a 5-week run, walk or roll club.

Disclaimer: Please check with your health care provider before starting a new exercise regimen.