



# OutWiGo with Well Wisconsin

To Lapham Peak Unit, June 1 from 10 am to 2 pm

OutWiGo with Well Wisconsin to Lapham Peak Unit of the Kettle Moraine State Forest on June 1 from 10 am to 2 pm. Join us during the Wisconsin Department of Natural Resources' Free Fun weekend, where you can explore it all with park admission fees waived. Invite your friends, family and co-workers to join by sharing this flyer and asking them to register. Please complete the registration form for any minors who will join you for this event.

## Join us for a variety of activities the entire family can enjoy:

- **10 am to 2 pm:** Walk, run or roll a 5K
- **10 am:** Mindfulness walk through the forest
- **11 am:** Camp cooking demonstration
- **12 pm:** 6-mile family fun bike ride on the Sandgren Recreational Trail
- **1 pm:** Slow flow outdoor yoga

Scan to Register



Register today! Discover more details and select as many activities as you would like to join.

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