

2017 Employee Walking Program



USE THE WALKING TRACK @ YARA CENTRE FREE OF CHARGE EVERY THURSDAY FROM NOVEMBER 2 - DECEMBER 28

Important Information:

- No Charge for Employees Only
- Must provide proof of employment (ID Badge) with Five Hills Health Region to the Reception Desk.
- Sign-in under Five Hills Health Region at the Reception Desk, please include name and facility /program where you work.

Regular drop-in rate will apply if no ID badge is presented.



**Five Hills
Health Region**

Healthy People – Healthy Communities

Employee Lifestyles Committee



<http://www.fhhr.ca/Lifestyles.htm>

Email lifestyles@fhhr.ca