

READY, SET,
STEP



Wellmark®
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BlueShield



Take a Walk with Us!

FREE *WalkingWorks* and Nutrition Seminar

Stay motivated this summer! Find out how to use walking to maintain a healthy weight, and make better food choices to support your walking program.

Monday, June 29, 2009

6:30 - 7:30 p.m.

Sterling Physical Therapy

2525 Washington Street

Pella, IA 50219

Call (877) 464-0415 to register,
or go to the Wellness Calendar at
www.wellmark.com/communitywellness.

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