



Maywood Wellness Challenge

8 Week Walking Program

Help Us Reach 18 Million Steps

Join Us Rain or Shine on

Wednesdays @ 7pm for a 30 Minute Walk

March 30, 2022 – May 24, 2022

Social Distancing Measures Will Be Utilized

Memorial Park Flagpole (WWII Monument)

Opposite Memorial School (764 Grant Avenue)



- Meet each week or stop by when it is convenient for you•
- Register to be added to our email reminder list•
- Walking on your own? Email your walking log to the email address below to be added to our count – help us hit our goal•
- Participant agreement/waiver/release form required for **new** participants•

Maywood Board of Health

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