

MAY COMMUNITY WALKING CHALLENGE

May 1st - 31st, 2024

Join the entire community for a 4-week virtual walk along the Northern California Coast from Fort Bragg to Crescent City.

All participants who average at least 10,000 steps per day will be entered into a raffle to win one of three gift cards to a local outdoor gear store!



HOW TO SIGN UP:

Via the Tahoe Worx Wellness Portal
at www.wellworksforyoulogin.com

For more details instructions on how
to sign up, visit
www.tfhd.com/challenges
or scan the QR code.



Check your email throughout the challenge for ideas and reminders on how to increase your steps

For more information,
email centerforhealth@tfhd.com

Follow Tahoe Forest Health System!



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