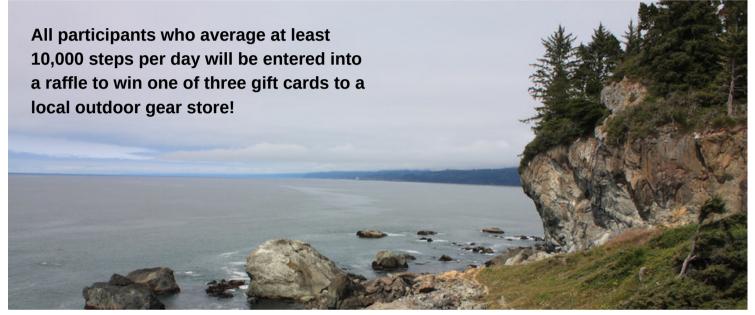
MAY COMMUNITY WALKING CHALLENGE

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.



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,femail centerforhealth@tfhd.comFollow Tahoe Forest Health System!

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