

Get a jump start on  
your day & walk @  
10 for 10!!



**Date: 02/14/2013**  
**Time: 10:00 a.m.**

Join us in kicking-off the  
launch of the NEW Living Well  
Health Platform powered by  
Provant by walking 10 minutes  
at 10 a.m.

*Watch out for your welcome kit and information materials about  
the enhanced Living Well Program from the Office of Employee  
Benefits. There will be incentives for participating.*

Walk inside...walk  
outside...can't get  
away...then walk in place  
**JUST WALK!!**