



CALLING ALL WORKPLACES!

Participate in Winter Walk Day! February 8, 2012

Celebrate winter by walking at least 15 minutes outside your home, school, workplace, or favourite area!

ALBERTA BLUE CROSS
challenges all Alberta workplaces to **Step Up** and participate in Winter Walk Day!

Sign up NOW at www.shapeab.com

- Submit your photo or video and your group will be eligible for a prize sponsored by AMA.
- Everyone that pre-registers will receive information to help support your event.

For more information on how to register and contest rules, visit www.shapeab.com or call 780.406.8530.

