



JOIN US FOR  
**WALKING WEDNESDAYS**  
**THROUGHOUT MAY**

**Walk for 30 minutes\* in your workplace or at home!**

\*30 minutes may be broken down into three 10-minute intervals.

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Support Northwood's participation in the Charlotte Chamber's Healthy Charlotte Campaign!

**SHARE YOUR PHOTOS!**

Email your photos to [kmoore@northwoodoffice.com](mailto:kmoore@northwoodoffice.com) or post on social media and tag [#HealthyCLT](https://twitter.com/HealthyCLT) and [#WalkingWednesdays](https://twitter.com/WalkingWednesdays).

If you have any questions, please contact your wellness committee representative.

NORTHWOOD

