

WRUNCH

walk / run over lunch



RAIN
SNOW OR
SHINE!

Join us for a 30 min walk/run!

♥ **connect with friends and colleagues**

♥ **increase afternoon energy**

♥ **relax; take a break**

♥ **stay in shape**

♥ **breathe some fresh air**

♥ **enjoy nature**

Meet at 4th Floor South Health Campus Elevators @12:10pm

Mondays

January 14
February 11
March 11
April 8
May 13
June 10

Fridays

January 25
February 22
March 29th
April 26
May 31
June 28

All clinic staff, physicians and residents welcome!
Contact Dr. Terry McDonald for more info