

WALKING TOWARDS WELLNESS



Dear Participant,

Thank you for registering for the Walking Towards Wellness program. Congratulations on taking this important step towards better health.

This e-mail (or letter) confirms your registration. To take the *first step* towards a healthier you, please

attend the following orientation meeting:	-	
Date:		

Location:

Time:

At this meeting you will receive an overview of the program, a participant folder, the tools you will need to be successful and the opportunity to meet some new friends—your co-walkers!

You made the decision to join, now take the *first step* towards a healthier you!

We look forward to seeing you!

Program Coordinator