

# Turn a working lunch into a **walking** lunch



## National Walk @ Lunch Day®

*Walking for the health of it.*

***Don't forget your walking shoes on Wednesday, April 30!***

Come out to Linn Park and celebrate National Walk@Lunch Day with Blue Cross and Blue Shield of Alabama and the City of Birmingham! Walking is one of the easiest and most effective forms of exercise, but it can be hard to find time to enjoy it. That's why we are inviting employers, employees and individuals near Linn Park to our 8th annual National Walk@Lunch Day on Wednesday, April 30.

Join us for walks, fitness demonstrations, wellness education, door prizes, vendors and more.

For more information, contact Kathy Shuleva (205-220-6683) or Brian DeMarco (205-220-2518).



*Featuring Gina McDonald  
from the 2013 season  
of the NBC program,  
Biggest Loser.*

Scheduled Walks	Door Prizes
11 a.m.	Gift Cards
11:30 a.m.	Fit Bits
12 p.m.	GPS Running Watches
12:30 p.m.	T-Shirts
1 p.m.	... and much more!



**BlueCross BlueShield  
of Alabama**

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