

Healthy Ohio Fitness Walk

Ohio's ONE MILE Fitness Walk

Healthy Ohio Challenges YOU to "Walk the Talk"

Healthy Ohio's goal is to walk a **HUNDRED THOUSAND MILES!**

WHEN:

May 21, 2008 12:00 noon

WHERE:

Defiance County East Building Walking Trail

HOW:

Join us at the walk or call or e-mail the miles you walked on your own. Phone 419-784-3818 or dgilgenbach@defiance-county.com.

In conjunction with National Employee Health and Fitness Day and Healthy Ohio

*If Noon is not convenient walk anytime on May 21st

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Defiance County General Health District

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