



**RUTHERFORD COUNTY EMPLOYEE WELLNESS**

# **COSTUME WALK**

**FAMILY FRIENDLY WALK**

**SATURDAY OCTOBER 25TH • 10:30-11:30 AM**

**GATEWAY ISLAND TRAIL**

LOCATED BEHIND THE FOUNTAINS AT GATEWAY & MMC

Come dressed in your festive costume as we take our monthly workout outdoors. Adults that come in their costume will be entered into a raffle to win a wellness gift. All children that participate will receive a wellness gift! Kids of all ages & leashed pets are welcome!

Parking: Adjacent to the General Bragg Trailhead, the College Street Trailhead at 1902 West College Street provides connection, parking, and access to the Gateway Trail. Additional parking is available at the General Bragg Trailhead, 1540 West College Street



## **Questions?**

Email our Cigna Well-Being  
Coordinator, Emily Lambert at  
[emily.lambert@cignahealthcare.com](mailto:emily.lambert@cignahealthcare.com)

**REGISTER**

**NOW**

