

2019 COMPANY-WIDE SPRING STEP CHALLENGE!

STEP INTO SPRING!

May 6th - June 3rd , 2019



JOIN THE CHALLENGE!

**MAY IS:
MENTAL HEALTH
&
NATIONAL STROKE AWARENESS MONTH**

Exercise increases your overall health and your sense of well-being, which puts more pep in your step every day. But exercise also has some direct stress-busting benefits.

