



# Join an Employee Walking Club

Below are the current schedules

## **Bay Road (FSU)**

Leader: Renee Lewis Wellness Champion: Lainee Hilts-Forcade

Wednesdays 10:30-11:30. Outdoor walk, weather permitting.

## **Community Ties South**

Leader: Julie Bitterman or Amy Schnople Wellness Champion: Julie Bitterman

**Please see the CTS Calendar under “Community Ties South” on the Better Together web page.**

## **Hancock**

Leader: Lauri Brown Wellness Champion: Mary Baukus

**M-F, 12:00-1:00:** Join us Monday through Friday, in the lobby for walks outside, weather permitting. Otherwise, meet us in Conference Room 001 or 001A (Lower Level)

Your choice of four videos are available to use during unseasonable weather. You may also use this space on breaks at other times when the room is not otherwise in use.

## **Housing Resource Center**

Leader: Brion Younk

**M-F, 11:45-12:** Join us Monday through Friday, in the lobby for walks outside, weather permitting. Brion will be using an app called “Pacer” to track the walk and participants are encouraged to do so, also.

## **Towerline**

Leader: Varies Wellness Champion: Jennifer Hunt

**12:15 – 12:45 Monday through Friday**

30 minute outdoor trail walk or indoor walk in unseasonable weather. Meet at the front of the building for an easy 30 minute walk. A walking video is also available by request.

**\*\*Any staff may join at any time.\*\***

- Walking Club activities are approved for the Better Together Bank hours. You can also use breaks or lunchtime to participate.
- Participation in these or any wellness activity, is voluntary.
- If you cannot participate in a walk at any of these times, but would like to organize a walk at another time, please contact Mary Baukus, Wellness Coordinator.



Wellness

