



National Employee Health and Fitness

Walk Around the Block—May 11th

Come out and enjoy a scenic walk with your coworkers and help promote the benefits of physical activity for employees. All participating employees receive a bottled water and healthy snack.

Multiple locations and times are available:

MCHD Southwest
27690 Van Dyke, Ste B
Warren

11:30 a.m. AND 12:30 p.m.
AND 1:30 p.m.

Macomb County Administration
Building
(Main Entrance)

1 South Main, Mt Clemens
12:00 p.m. AND 12:30 p.m.

*Warm up with an Instructor from Maria Marino's Fitness.

Public Works

(Nicholson Nature Ctr Trail)
21777 Dunham, Clinton Twp
12:15 p.m.



Questions? Email Healthstyles at: [Healthstyles @macombgov.org](mailto:Healthstyles@macombgov.org)