



NORTHWOOD 

# FIND YOUR FORWARD WITH NORTHWOOD'S WALKING WEDNESDAYS THROUGH MAY 31

**Walk for 30 minutes in your workplace or at home!**

Support Northwood's participation in the Charlotte Chamber's Healthy Charlotte Campaign!

## WHERE TO WALK AT WORK

ENTITY	START TIME	WELLNESS REPRESENTATIVES
The Ballantyne Hotel & Lodge	8 A.M. (Golf Bag Drop Area)	Noelene Grosso
Aloft Charlotte Ballantyne	10:30 A.M.	Hughon Hays
Courtyard by Marriott Charlotte Ballantyne	11 A.M.	Linda Lemmons
Staybridge Suites Charlotte Ballantyne	NOON	David Scapicchio
Northwood Office	12:15 P.M. (Sara's Y Lobby)	Kelsea Moore

If you walk independently, please sign the participant log in your break room to receive credit.

If you have any questions, please contact the wellness committee member representing your location.

