

An inspiring 30-day walking program



Sidewalk MARATHON

Take the first step to better health.

Join the fun! CHI Health invites you to lace up your shoes for our second annual Sidewalk Marathon, an inspiring, family-friendly walking program. No matter your age or athletic ability, there's a Sidewalk Marathon option for you. It's simple, fun and free.

- » Walk 26.2 miles – or more – in 30 days
- » Choose from beginner, intermediate or advanced options
- » Enter to win our weekly prize (one Apple Watch Nike+ each week) by achieving wellness goals
- » Join our wellness coaches on Facebook Live for Q&As and support
- » Connect on social media for wellness tips, videos and infographics

**Join us for kickoff,
Sunday, September 17
St. Joseph
Catholic Church
7900 Trendwood Drive
Lincoln**

12-2:30 p.m.

Music, bounce houses,
giveaways and wellness tips

1:00 p.m. Kickoff walk

What are you waiting for?

Join us Sept. 17 for our kickoff event.

PREREGISTER NOW at CHIhealth.com/SidewalkMarathon
for a chance to win an Apple iPad.

#SidewalkMarathon

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**CHI Health
Nebraska Heart
& St. Elizabeth**