

Team Life Presents:

STEPPING OUT for SPRING!

**Thursday, April 16, 2008 at 12:00 p.m.
Meet at the Clock Tower**

**Get fit and have fun with co-workers during this
Spring-themed lunchtime walk!
At the end, enjoy healthy snacks at the
Faculty/Staff Lounge!**

Can't make it? Step out on your own!

Team Life encourages you to participate in the
President's Fitness Challenge and 10,000 Steps a Day program!

See the Team Life website for details.

Join and receive a FREE pedometer to keep
track of your steps!

For more information, contact:

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Patti Waterman, ext. 2468

www.palomar.edu/teamlife



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E
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A
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F
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