



# Walk to *Win!*

Date: Thurs, May 29th

Time: 6:00 P.M.-7:00 P.M.

Where: OMC Walking Trail

(Located on the front lawn of Oconee Medical Center)

Join us for a Kick-Off Event to introduce our local families to South Carolina's 1st Annual Fit Family Challenge™! This event will give families the opportunity to exercise and be introduced to some of the health resources that our community has to offer.



## FREE GIVEAWAYS

Points earned for attending make you eligible for:  
**FIT FAMILY CHALLENGE™ GRAND PRIZE**

### Event Schedule:

- ◆ 6:00 PM—Welcome and Introduction
- ◆ 6:10 PM—One mile group walk
- ◆ 6:30 PM—Community mingle
  - Demos & information from local fitness facilities
  - Wellness Information
  - Prize Giveaways
  - Assistance with Fit Family Challenge™ online registration



 South Carolina Hospital Association  Parent Working Well  
Healthy Worksite, Healthy Communities

 **CVS** pharmacy  LIVE POSITIVELY  Coca-Cola  MUSC  
MEDICAL UNIVERSITY OF SOUTH CAROLINA

For more information and to sign up, visit:  
[FitFamilyChallengeSC.com](http://FitFamilyChallengeSC.com)

To learn about the events being hosted in our area, visit:  
[www.oconeemed.org/services/wellness\\_center](http://www.oconeemed.org/services/wellness_center)  
and look for the *Fit Family Challenge™* tab.