

Shorewood Wellness Program

3rd Annual Obstacle Course Event

WHEN: Thursday, October 4th
(11:30 a.m. — 1 p.m.)

WHERE:

The lawn and sidewalk area between the Village Center and Village Hall buildings

EVENTS:

Bean Bag Toss
Free Throw Challenge
Hula Hoop
Work Place Stretching
Eat This, Not That
Frisbee Toss
Poker Walk
Jump Rope



A light lunch will be provided to those who register in advance. Do not miss an opportunity to be entered into a drawing for a gift card prize!

SIGN-UP:

Participation in this event will earn you **FIVE POINTS** on your Wellness Scorecard. To sign up email Crystal Kopydlowski at ckopydlowski@villageofshorewood.org

COME JOIN THE FUN & THE CAMARADERIE WITH YOUR CO-WORKERS!!!