(Copy and paste this email and send it out to staff on October 11th. Attach the keep mobile poster, and also post this in the office)

Come walk with us on Thursday October 13th

To all Staff:

October is Healthy Workplace Month.

Health and Social staff are inviting all staff to join on a lunch hour walk. We will be meeting at the front steps and leaving at 12:30. Everyone is welcome.

Everyone that participates will receive a door prize ticket and there will be a prize drawn after the walk (this is optional if there are prizes available).