

**JOIN!**

# 100 Mile Club

*Walking Program - For a Healthier You!*

## Here's How!

- ◆ Log the miles you walk.
- ◆ Complete a total of 100 miles.
- ◆ Send in your log.
- ◆ You're in the 100 Mile Club!
- ◆ We'll send you the members-only T-shirt!



For a log and brochure call (727) 820-4114

or visit [www.pinellaswellness.com](http://www.pinellaswellness.com)