

# WALK



# MARYLAND

# DAY

# OCTOBER 5, 2016



**Get up and Get fit! Walk to School.  
Walk to Work. Walk for the FUN of it!**

Schools can register at [walkbiketoschool.org](http://walkbiketoschool.org)

Individuals/workplaces can sign up at [extension.umd.edu/walkmd](http://extension.umd.edu/walkmd)

Co-sponsored by:

Maryland Department of Health and Mental Hygiene

Maryland State Department of Education

Maryland Department of Aging

Maryland Department of Natural Resources

University of Maryland Extension

Maryland State Advisory Councils on Physical Fitness, Arthritis and  
Related Conditions, and Heart Disease and Stroke

**#walkmd**

