

Healthy Nassau Employee Walking Program

*106 Charles Lindbergh Blvd,
Uniondale*



Meet at the north entrance to 106 Charles Lindbergh Blvd.

Days: _____

Times: _____

Each loop is approximately 1 mile and should take 20 minutes.

**For more information and to schedule walks with co-workers, visit:
www.nassaucountyny.gov/healthynassau/EmployeeWalkingProgram.html**

Participation in the Healthy Nassau Walking Program is not compelled or required by Nassau County; is unrelated to your Nassau County employment; and is outside of the scope of your employment duties. You are participating on your own break time and are not receiving compensation for your participation in this activity. You agree to assume all risks associated with the Walking Program and do not have a health or medical condition that would affect your ability to safely participate in the Walking Program.