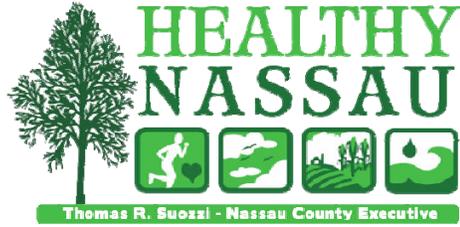


Healthy Nassau Employee Walking Program

40 Main Street, Hempstead



Meet at the Back Entrance to 40 Main (Cooper St. W.)

Days: _____

Times: _____

Each loop is approximately 1.2 miles and should take 25 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.