



move
= with =
**SIMPLE
STEPS**

Join Dakota County's FREE Walking Program April 1 - July 31, 2019

BENEFITS OF JOINING:

- ✓ Boost energy
- ✓ Reduce stress
- ✓ Improve health
- ✓ Explore your neighborhood

HOW IT WORKS:

- ✓ Walk with friends
- ✓ Track minutes
- ✓ Get rewarded
- ✓ Share your success

Register at: www.dakotacounty.us (search "Simple Steps")

Join the "IGH Parks and Rec" group to be eligible for extra incentives and recognition.

For more information, call 651.554.3420 or email acrary@invergroveheights.org

Sponsored by the Dakota County Public Health Department

