

National Employee Health and Fitness Day Employee Poker Walk/Run | May 17, 2017

Join President Michael Lovell and Provost Dan Myers in a walk/run around the Marquette Mile!

Date: Wednesday, May 17, 2017

Time*: 12:00-1:00p.m.

•**Register at Central Mall:** 11:45a.m. – 12:00p.m.

•**Comments by Dr. Lovell:** 12:05p.m.

•**Walk begins:** 12:10 p.m.

*Note: Participants may start at a time convenient for them between noon and 1 p.m.

*For questions, please contact Kristin Kipp at kristin.kipp@marquette.edu or 8-5607.

Where: Meet in the Central Mall to register and receive your first playing card. Healthy snacks and hydration station will be provided by Sodexo. Walk/run starts and ends on Wisconsin near the bridge area on the west side of the Raynor Library. Rain Location is the Helfaer Rec Center gym.

How to Play: Earn 1 card on every corner. Walk an additional lap to earn more playing cards or participate in the 5K run (three+ laps) to earn even more cards. Use your top five cards to see if you can come up with one of the best poker hands.

Register online at:

<http://marquette.edu/wellness/employees/poker-walk-signup.php>



MARQUETTE
UNIVERSITY

Employee Wellness

Win **prizes** for walking/running!
Enjoy **FREE** admission to the Rec Center or
Rec Plex on May 17–19, 2017!
Healthy snacks provided by Sodexo!

