



2023

# ROCK THE WALK

SEPT. 5—OCT. 17

**FALL INTO WELLNESS**  
**A FREE 6-WEEK CHALLENGE THAT**  
**ENCOURAGES HEALTHY LIFESTYLE CHANGES**

**VIRTUAL EVENT!**  
**PARTICIPATE ANYWHERE**

- ▶ WEEKLY EDUCATION & ACCOUNTABILITY
- ▶ AWESOME PRIZES
- ▶ FRIENDLY COMPETITION
- ▶ EXTRAS THROUGHOUT CHALLENGE

[WWW.FORTHEALTHCARE.COM/ROCKTHEWALK](http://WWW.FORTHEALTHCARE.COM/ROCKTHEWALK)