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Walking Together for Healthier Nations

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Walking Together for Healthier Nations

May 2, 2018 at 7:00 am

Crowpoint Service Unit and Jicarilla Apache Community Health & Fitness Center Presents

Journey to Wellness XXII Walking Together for Healthier Nations

May 02, 2018

The WTHN walk will begin at Cedar Hill Church in Ojo Encino, New Mexico on Wednesday morning and travel north concluding at Apache Nugget Casino nearby Cuba, New Mexico during the evening hours. This walk will cover 25 miles from start to finish. The event will conclude with a community health fair for all participants to enjoy.

Schedule:

6:30 AM - Registration at Cedar Hill Church (9 miles west of Ojo Encino, NM)

7:00 AM - Walk Begins

5:45 PM - Arrive at Apache Nugget Casino (22 miles west of Cuba, NM)

6:00 PM - Community Health Fair Begins

All participants will receive a FREE incentive.
For additional information on this year's WTHN event, please feel free to contact Eli Bigthamb at (505) 786-6321 or Michelle Gomez at (575) 759-3522.



This is a FREE event - No Registration Fee



The 22nd annual Walking Together for Healthier Nations (WTHN) walk is scheduled for Wednesday, May 2, 2018. The walk will begin at Cedar Hills Church in

Ojo Encino and conclude at Apache Nugget Casino in nearby Cuba. The walk will begin at 7:00 AM and continue throughout the day to end at Apache Nugget Casino around 6:00 PM. The WTHN event is designed to increase awareness and promote daily exercise as it contributes to living and maintaining a healthy lifestyle.

On behalf of the WTHN planning committee, *YOU* are invited to attend and participate in the walking event. The committee is encouraging people of all ages to come out and

participate with friends and family to enjoy a day with the sponsoring community members. Participants who walk 3 or more miles will receive a free t-shirt (exceptions will be made for elders and special needs). Please wear good walking shoes, a cap, and plenty of sunscreen. At the conclusion of the walk, the committee will hold a closing ceremony for the walkers, volunteers, and community members commemorating this annual event.

EVENT LOCATION

Cedar Hills Church

Ojo Encino, NM