

Take better care of
yourself, so that you can
take care of *others*... **BETTER!**

Let's get outside!

Please join us on a 1.1 mile **Go Blue Wellness Walk** from the Harry S Truman Building, around the Capitol & through downtown Jefferson City.

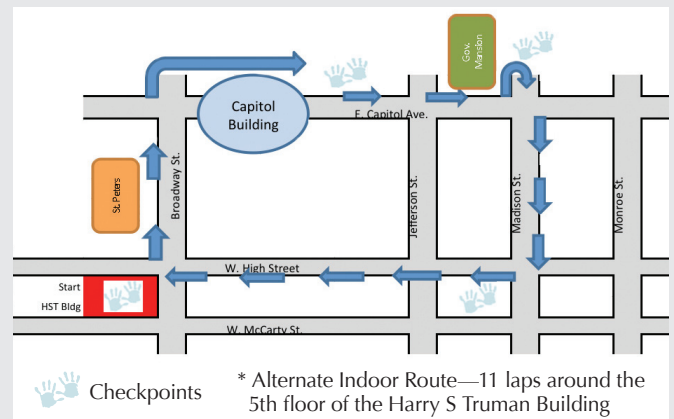


11 a.m. – 1:30 p.m.
Friday, April 8, 2016

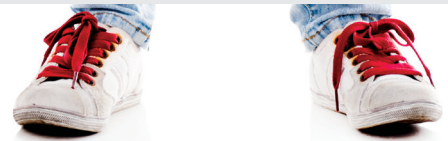
Wear **blue** to support
Strong Families, Safe Kids
& the importance of **prevention!**



2016 Go Blue Wellness Walk Route



PLEASE REGISTER AT
oa.formstack.com/forms/gobluewalk
Water, snacks & give-aways!



Missouri's Foundation For Child Abuse Prevention



ctf4kids.org

April is Child Abuse & Neglect Prevention Month!

