

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

Let's get outside!

Please join us on a 1.3 mile **Go Blue Wellness Walk** from the Harry S Truman Building & through downtown Jefferson City.

Wellness Activities

- SSM Health Care - St. Mary's Hospital
- Capital Region Medical Center
- Missouri River Regional Library

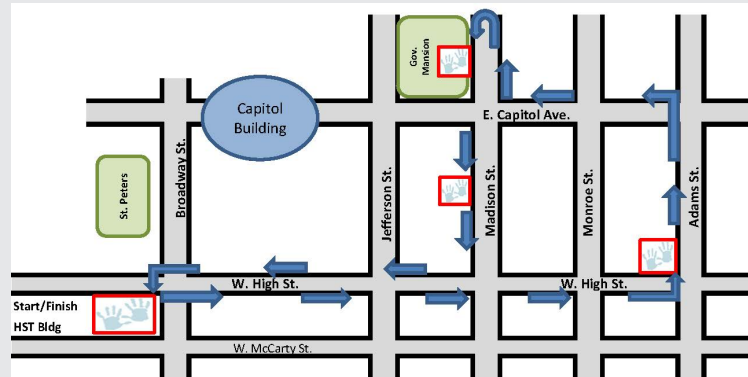
Can't make it downtown....plan, host & celebrate your own **#MOGoBlue** event!



11 a.m. – 1:30 p.m.
Friday, April 6, 2018

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

2018 Go Blue Wellness Walk Route

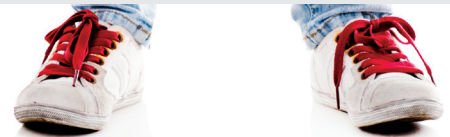


Checkpoints

* Alternate Indoor Route—11 laps around the 5th floor of the Harry S Truman Building

PLEASE REGISTER AT
oa.formstack.com/forms/gobluewalk

Water, snacks & give-aways!
(while supplies last)



April is Child Abuse & Neglect Prevention Month!



Missouri's Foundation For Child Abuse Prevention



ctf4kids.org

