

# Walk to Quit in 2018



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**The Uniontown Area YMCA and Fayette County Drug & Alcohol Commission** Challenge you:

## Walk To Quit



Area businesses get employees together to walk at least 15 minutes on November 15.

During your walk encourage employees and coworkers to be mindful of the benefits of quitting tobacco or of remaining tobacco free.

*Walk At least 15 minutes on November 15!!!*



**Email your team name & business, then total minutes walked**

(# of walkers x minutes walked) to [ginas@uniontownymca.org](mailto:ginas@uniontownymca.org).

**Well Workplace for November**

Certificates will be presented by the YMCA to those business that...

**Walk to Quit in 2018.**