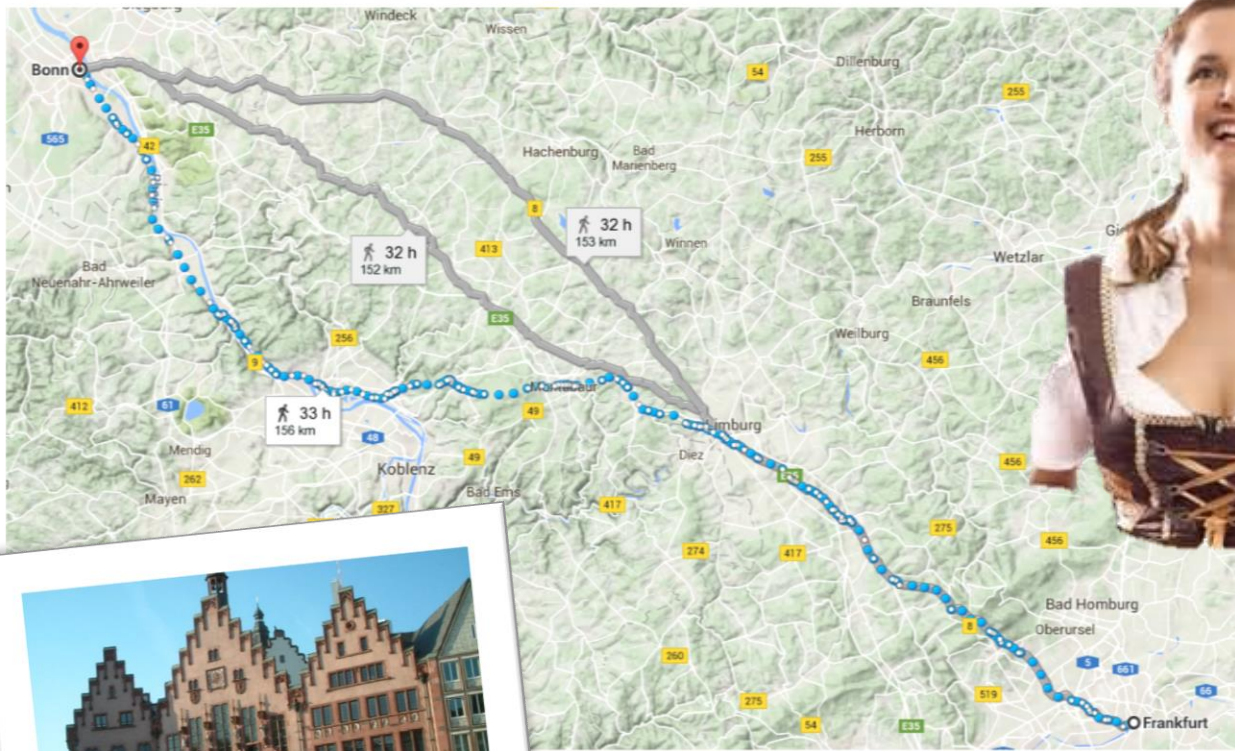


Oktoberfest

Join the



Walking challenge!



Start Date: **October 1st 2015**

End Date: **October 31st 2015**

We are starting our first official Health and Wellness walking challenge by celebrating Oktoberfest in Frankfurt, Germany and then travelling along the beautiful Rhine River ending the 156 KM trip in Bonn – the birthplace of Ludwig van Beethoven.



To Register - send an email to Sarah or Lisa. Then use whatever free app or device you want to track your steps. Send emails daily or weekly to update your step count & we will map your progress.

To complete the trip you will need to walk an average 6000 steps or 5KM per day – how far do you think you can get?