

Bike-to-Work Day

Friday, May 19th



Celebrate spring and explore the trails by participating in...

DeKalb County

"Bike to Work" Day!

- Enjoy the warm weather
- Get some exercise
- Enter to win great prizes

How to participate:

1. Encourage employees and co-workers to ride their bicycle to work on Friday, May 19, 2017.
2. Take a group or individual photo of staff that biked to work on Friday, May 19, 2017.
3. Send photo to lcuevas@kishhealth.org along with the names of each participant and the mailing information for your business (Deadline for photos: Monday, May 22, 2017).

Each participant's name will be entered into a raffle to be drawn on Friday, May 26. Employers, be sure to encourage your employees in this fun and healthy activity.

