



**INTERIOR DEPARTMENT RECREATION ASSOCIATION**

**NATIONAL EMPLOYEE HEALTH AND FITNESS DAY**

**“FUN WALK”**

**MAY 17, 2017**

**11:30am – 12:30pm**

Join the celebration on May 17th from 11:30am-12:30pm as the Interior Department Recreation Association (IDRA) recognizes National Employee Health and Fitness Day! This day is aimed at promoting awareness for the benefits of physical activity and improving overall employee health and wellness. This event will include a two-mile “**Fun Walk**” from the Department of the Interior (Main Interior Building-MIB), to the White House, the World War II Memorial, the Lincoln Memorial, and back to the Department of the Interior (MIB). There will be healthy snacks, drinks, and prizes distributed after the walk.

**Put some *spring* in your *Step* and join us for the IDRA Fitness Fun Walk!!!!**



We will gather at 11:00am in the IDRA Fitness Center (B538) of the Department of the Interior (MIB) and depart to begin the **WALK** promptly at 11:30am and continuing for approximately 60 minutes.

**REGISTRATION DATES MAY 1<sup>ST</sup> - MAY 11<sup>TH</sup>**

**OPEN TO THE FIRST (40) PARTICIPANTS**

**To Register:** Contact the IDRA Fitness Center MIB/B538 @ (202) 208-5756, the IDRA Main Office MIB/MS1042 @ (202) 208-7381 or Email: interiorrec@yahoo.com for more details.