

GO! St. LOUIS[®] Walk @ Work Day

Join hundreds of other people for the annual GO! St. Louis[®] Walk @ Work Day event. This inspiring event encourages employees to spend their lunch hour walking a one-mile course, followed by attendance prizes. Whether you are an avid walker or have been thinking about getting fit, this event is for you. The walk is informal, non-competitive event for all fitness levels.



Event is Free!

Date:	Friday, March 27th
Walk:	11:30am-1:00pm
Location:	Vlasis Park
*Register in advance at The Pointe or on event day at 11 am.	

What you can expect at the walk:

- One-mile course
- Information on starting a fitness regime
- Complimentary day pass to The Pointe
- The business with the highest participation receives a free “Lunch & Learn.”



#1 Ballwin Commons Circle
Ballwin, MO 63021
636-227-8950

