

Dakota Wellness Program



North Dakota
Public Employees
Retirement System

Dakota Plan Health Benefits

WALK AT WORK DAY

Thursday, May 19, 2016

11:30 a.m.

Arrive early for check-in

State Capitol Building,

Memorial Hall

Bismarck, ND

Listen to North Dakota State Health Officer Dr. Terry Dwelle as he discusses the benefits of walking. Then, join Sanford Health Plan with a walk around the State Capitol Grounds.

Jump start your summer wellness goals by observing Global Employee Health & Fitness Month with a walk at work!

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