

How you can participate

- **Record** your daily activity
- **Convert** activity into walking miles
- **Report** your miles to your group leader each week so it can show our progress

Where to report you miles each week

- Church groups

Andrews First Assembly of God

Andrews First Baptist Church

Andrews Second Baptist Church

Andrews Presbyterian Church

Andrews Seventh-day Adventist Church

Andrews United Methodist Church

Beaver Creek Baptist Church

Christ Community Church

Grace Fellowship Baptist Church

Holy Redeemer Catholic Church

Oak Grove Baptist Church

St. Andrew Lutheran Church

Valleytown Baptist Church

- Other groups

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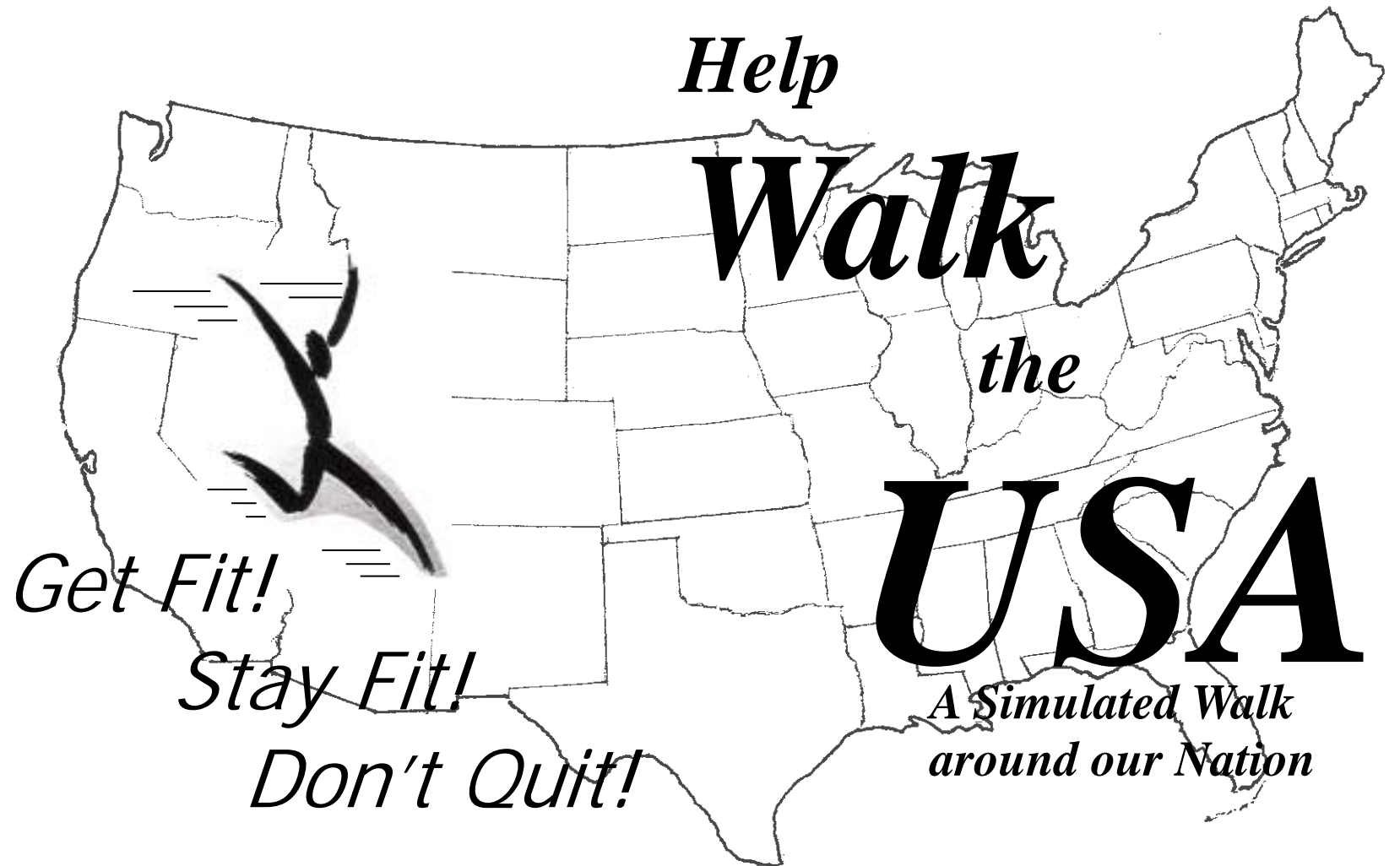
New Millennium Gym

Snowbird Outfitters

T.O.P.S.

Weight Watchers

- Individuals and other organizations who do not report to one of the above groups, should call 828-321-_____ to report their miles or visit www.andrewsnc.com and follow links to Wellness Walk.



Walk the Walkway

Look for the blue heart marks at each quarter mile

Kick-off
Wednesday,
July 4th

Our Summer Celebration
Andrews Recreation Park

*Declare your
Independence
from Inactivity
this July 4th*

