

In celebration of National Walking Day

Step It Up and JOIN US!

April 6th • 11:00-11:30am

for an invigorating walk led by:



RADM Sylvia Trent-Adams Deputy Surgeon General

Time/Location: We will be meeting April 6th at 11:00am in front of the HHS HQ (Humphrey Building) on 200 Independence Avenue. This event is open to all USPHS officers as well as coworkers, family members, and friends.

Uniform of the day: Blue PHS t-shirt and athletic bottoms.

Step It Up! Learn about the **Surgeon General's Call to Action** to promote walking and walkable communities:

<http://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/index.html>

In collaboration with:

JDAG Every Body
Walk! Subcommittee

Event POC:

LCDR Elizabeth Garza

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