

# LET'S MOVE! DAY

Sunday, September 15, 2018

HELP US REACH OUR  
2 MILLION MILE GOAL IN ONE DAY!

Register at [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org) ▶▶

Whether you host a 5K run/walk, join a community event, or organize other activities, consider how your team can involve as many people as possible in physical activity. Invite your community to join your church, school, or hospital as we move together and promote a healthier lifestyle.



Find resources and information at [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org)



Let's Move Day is an event of Adventists InStep for Life  
Sponsored by the North American Division Health Ministries Department

