

Upcoming Couch to 5K Wellness Events

Presented by City of Manchester Wellness Committee

Earn a **Wellness Activity** credit in the **Couch to 5K Wellness Challenge** by completing one of the following events:

Saturday, November 17 8:00PM - Ice Skating at JFK Coliseum

Join us for an evening of public skating. Inform the ticket taker that you are with the Wellness Committee and receive \$2 off your admission fee (per person). Skate rentals are also discounted for Wellness participants at a rate of \$3 per pair.

Tuesday, November 20 1:00PM - Heart Walk from City Hall

Wellness Committee representatives will lead this 20 minute walk downtown beginning from City Hall Plaza.

Ask a co-worker to join you for this great way to “fit” in some exercise during a busy day!

Wednesday, November 28 1:00PM - Heart Walk from City Hall

This is the final Wellness-sponsored activity before the Santa Claus Shuffle! Wellness Committee representatives will lead this 20 minute walk downtown beginning from City Hall Plaza.

Ask a co-worker to join you for this great way to “fit” in some exercise during a busy day!

Saturday, December 1 - Santa Claus Shuffle - Race kicks off at 3:15PM from Veteran’s Park in Manchester

For the latest on the **Couch to 5K Wellness Challenge**, visit www.manchesternh.gov/wellness