

## Tuesday, Oct. 16, 2018

7:15 a.m. — Check in at the conference registration desk.

7:30 a.m. — Walk/Run begins from Nicollet Ballroom street exit.

A 2-mile walking route or 3.2-mile running route along trails through Loring Park, the famous Sculpture Garden and a beautiful Minneapolis neighborhood. Participants receive an 11th Annual Wellness Walk t-shirt!



