



**let's move together**

at the **live well be well** 2025 Thrive Walk!

Walk with us on Tuesday, April 29, for a friendly, Greater Sacramento-wide competition, where all facilities encourage each other in a Thrive Walk.

Bring your colleagues and help your facility get the most walkers to win bragging rights, receive a giveaway, earn 2 Wellness University credits and a chance to win 1 of 10 gym bags.

On the day of the event, stop by a Wellness University table to learn more about this exciting challenge and assist you to check in on a personal device to record your walk.

**Tuesday, April 29, 2025**

**SOUTH SACRAMENTO MEDICAL CENTER**

**Outside South Tower entrance and physician parking lot, near MOB 1**

**11:30 a.m.-1:30 p.m.**

**ALL OTHER MOBS and LOCATIONS, STOP BY A TABLE FROM:**

**12:30-1:30 p.m.**

Remote or evening/night shift: walk the day of at a time that works and check in online at the [kpwelnessu.org](https://kpwelnessu.org) or find a QR code posted on campus.

South Sacramento Information: <https://kpwelnessu.kaiserpermanente.org/>