

# Just Move It Oneida Summer Walk

at the Oneida Nation Elementary School

Wednesday, July 18th

4:00-6:30pm

We encourage 1-3 miles walking at  
your own pace.

Employees on the health plan can  
earn 1 RAS point.

Snacks available  
while supplies last.



A good mind. A good heart. A strong fire.



Event is FREE  
No pre-registration or RSVP required  
Questions: Call 490-3993