

# Just Move It Oneida

## Marching Toward Health

Virtual Event



**WEDNESDAY,  
MARCH 24TH**

- ◆ Complete any type of physical activity at anytime throughout the day for at least 30 minutes.
- ◆ Upon completion **REPORT** your activity minutes (see options below).
- ◆ Registration required **ONCE** per calendar year.
- ◆ You will receive **ONE** free 2021 JMIO T-Shirt.
- ◆ Register at [oneida-nsn.gov/resources/health/health-promotions/-jmio/](https://oneida-nsn.gov/resources/health/health-promotions/-jmio/) (click on registration form).

### T-Shirt Pick-Up Info

**Where:** Woodland Church - 760 Airport Dr.

**When:** 3.22.21 ◆ 11:30-1pm & 4-5:30pm



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### How to Report Your Activity Minutes (Pick One Option)

- ◆ [oneida-nsn.gov/resources/health/health-promotions/-jmio/](https://oneida-nsn.gov/resources/health/health-promotions/-jmio/) (click on activity minute submission).
- ◆ Post a picture on our Facebook page.
- ◆ E-mail or call Hanna Leisgang.

**For More Information or Questions Contact Hanna Leisgang**

**e-mail:** [hleisgan@oneidanation.org](mailto:hleisgan@oneidanation.org) ◆ **phone:** 920.490.3927