



# let's move together

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

Join us for the Thrive Walk on Tuesday, April 29. The competition is on between all Greater Sacramento facilities, so let's see which location can get the most walkers. Bring a colleague and help your facility come out on top in this exciting challenge! Live Well Be Well will be on site and assist you in checking in on your personal device.

**Tuesday, April 29, 2025**

**ROSEVILLE & SACRAMENTO MEDICAL CENTERS**

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

**ALL OTHER LOCATIONS**

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



Scan this QR code  
to check in on  
walk day:

Remote or evening/night shift: walk at a time that works for you and check in online using QR code.

More information: <https://livewellbewellnvly.org/annual-thrive-walk-2025>

live **well** be **well**

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