

FOLD FLAP AND ADHERE INSIDE

TAKE THE 2013 J.P. MORGAN CORPORATE CHALLENGE!

Feel **good** about the camaraderie.

Feel **great** about the exercise.

Feel **FANTASTIC** about the cause.

Take the **2013 J.P. Morgan Corporate Challenge**, and walk or run to support the American Red Cross.



TAKE THE 2013 J.P. MORGAN CORPORATE CHALLENGE!

What: 3.5 mile walk/run

When: Thursday, May 23

Where: Grant Park

Race Start Time: 7:10 p.m.

Fee: \$45

Registration deadline: May 2.

Log on to **@BCBSA** for more information, or contact **Debbie Wojciechowski** at **x5900** to sign up.



TAKE THE 2013 J.P. MORGAN CORPORATE CHALLENGE!

Here's what some participants from last year's J. P. Morgan Corporate Challenge had to say:

"I liked the music and festival atmosphere of the run itself and the camaraderie with fellow runners from BCBSA before, during and after. We had a lot of fun going to BCBSIL for hamburgers, hot dogs and beer after the run, too!"

"It helped me meet other BCBSA staff who shared an interest in physical activity. It was great to learn the Association had a culture of wellness."

"Joining my colleagues in the run helped motivate me to get in shape during the rest of the year. It's also nice to join BCBSIL for food and refreshments in the cafeteria afterward."

