Miles for Wellness: Challenge 19
An Eight-Week “Move More” Statewide Initiative
March 25 — May 19

Enjoy the magic of train travel on a virtual journey featuring railroad destinations across the U.S.

Open to all state employees
Register through Monday, March 25
https://oshr.nc.gov/miles-4-wellness-home

For more information
MilesforWellness@nc.gov or 919.807.4800

It is illegal and dangerous to walk, jog, play or place things on railroad tracks. For more information on rail safety visit North Carolina Operation Lifesaver at https://oli.org/education-resources/pedestrian-safety.