



POWERED BY



United Way of
Greater Lorain County

The THRIVE! PickleWalk Challenge

**Westwood Elementary School, 305 Union St.*, Wellington
Fridays, 6 p.m. – 8 p.m., January 13 – March 31**

While THRIVE! Southern Lorain County sponsored competitive challenges in the past that awarded prizes to those who accumulated the most “steps,” this year THRIVE! is encouraging people of all ages, interests and abilities to be more active in winter months.

Physical activity strengthens our immune system, reduces the risk of obesity and diabetes, and supports our mood and mental health.

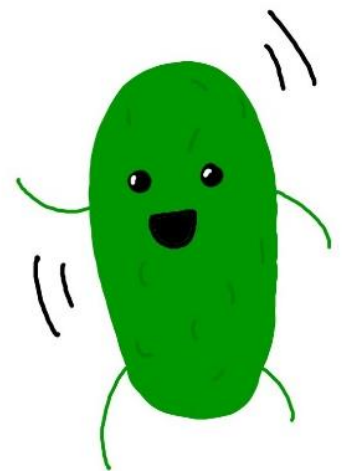
THRIVE! PickleWalk Rules: Show up to play pickleball or walk the halls of Westwood Elementary School on Friday evenings and fill out a raffle ticket for the **THRIVE! PickleWalk Challenge** prize drawing. After March 31, three names will be drawn, and the winners will receive a THRIVE! T-shirt and a \$25 gift card from the local Wellington merchant of their choice.

- Don't know how to play pickleball? We have extra paddles for you to borrow, and our experienced players are excited to show you how to play.
- Looking for a way to spend quality time with the kids? Pickleball is a game that can be played by the youngest and the oldest members of your family.
- Pickleball not your thing? Walk the hallways with friends or while your spouse plays pickleball. It is a wonderful way to stay physically and socially active during these dreary months of winter.

*Park in the lot off Jones St. and enter the door closest to cafeteria.

***Any questions? Email us at
thriveloraincounty@gmail.com or call us at
440-987-9182.***

**Come join us for our fun, warm and healthy
Challenge this winter!**



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