

SPONSORED BY THE MIDDLETOWN PREVENTION COALITION

Middletown Wellness Month Wellness Walk

MARCH 2021

Join the Wellness Walk Challenge! Follow the steps below to enter the competition for a chance to win amazing prizes. Walk, run, or hike your way to the top of the leader board during the month of March! Who can walk the most hours? Winners will be announced on April 5th!

Visit <https://mpc.middletownri.com/> for more information!



How To Join:

- Download the **MapMyWalk** App (Found on Apple & Android App Store).
- Add the account below for your school or join the community challenge!
- Start exercising and remember to track your workouts!

Gaudet 6th - 8th Grade - **GaudetWalk**

Gaudet 4th - 5th Grade - **GaudetLAWalk**

Forest Ave Elementary - **ForestAveWalk**

Aquidneck Elementary - **AquidneckWalk**

Middletown High School - **MHSWalk**

All Saints Steam Academy - **AllSaintSTEAMWalk**

Middletown Community - **MiddletownWalk**

