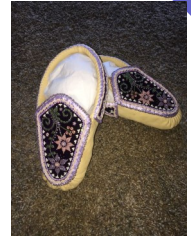


MAY 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
					Jake fire day	Weekly total=
6	7	8	9	10	11	12
						Weekly total=
13	14	15	16	17	18	19
						Weekly total=
20	21	22	23	24	25	26
	Victoria day					Weekly total=
27	28	29	30	31		

Mocc Walk Reminders:
 *Mark your progress every day
 *Record 1 point for every 10 Minutes for walking
 *Warm up and stretch first and drink plenty of water

For more information, please contact: Rachel at
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MCA Community Health Program

