



## 2017 CHS LiveWELL

# Carolinas HealthCare System Pineville: Get Fit With Your Leaders

Teammates and their family members are invited to a Zumba class, a walk around the Pineville campus or to learn to run. Teammates can choose one or more fitness options. There will be something for everyone.

A running coach will be available to guide teammates who are interested in starting or improving their running program.

**Who:** All CHS teammates, family members and friends. The walk is open to all ages. Zumba and running are for participants 12 years of age and older

**When:** Saturday, April 29 at 8:30 a.m.  
Check-in begins at 8:00 a.m.

**Where:** CHS Pineville | *Meet outside the Cafe'*  
10628 Park Road, Charlotte, NC 28210

**Registration:** Register [here](#)  
or visit PeopleConnect > LiveWELL > Intramurals & Events > Walk Events



*Get a new CHS LiveWELL 10-year Anniversary shirt.*

*All teammates receive an entry into the  
All in To Win drawing!*

**For questions please contact:** [LiveWELLEvents@CarolinasHealthCare.org](mailto:LiveWELLEvents@CarolinasHealthCare.org)  
or call 704-355-8136



Carolinas HealthCare System

