

# The CCRI Wellness Committee invites you to learn how you can participate in the Rhody Walk to Health Employee Physical Activity Program

## What is it?

A pedometer-based walking program to:

- Increase physical activity & burn calories
- Reduce stress
- Promote health education and more!
- All participants receive t-shirts donated by the CCRI Bookstore and water bottles donated by the Student Leadership Team

To learn more, please attend an organizational meeting at your campus.  
(See schedule at right)



*It just makes sense.*

Sponsored by: Get Fit Rhode Island and the University of Rhode Island

## Informational Sessions:

### • Newport County Campus

One John H. Chafee Blvd.  
Newport, RI 02840

Toni Cimini 851-1633  
Linda Benvenuti 851-1636

**Wed., October 25**  
**11 a.m. - Noon**  
**Atrium**

### • Knight Campus

400 East Avenue  
Warwick, RI 02886

Camille Numrich 825-2237 or  
825-2307

Ellen Ogrodnik 825-2271

**Thurs., October 26**  
**Noon - 1 p.m.**  
**Room 1040**

### • Liston Campus

One Hilton Street  
Providence, RI 02905

Cledia Holland 455-6060

**Mon., October 30**  
**Noon - 1 p.m.**  
**2nd Floor Conference Room**

### • Flanagan Campus

1762 Louisquisset Pike  
Lincoln, RI 02865

Mary Pecchia 333-7135  
Julie Galleshaw 333-7226

**Wed., November 1**  
**Noon - 1 p.m.**  
**Faculty Dining Room**