

COMMIT TO WALK ONE MILE A DAY

from Memorial Day to Labor Day

100 MILES in
100 DAYS



A Community Program
to Increase Activity

STEP OFF & REGISTRATION

Thursday, May 23 • Noon – 1 PM

Corner of Third St. & Davis Ave.

Downtown Elkins, Outside Davis Trust Company

REGISTER TO WALK IN
BARBOUR, POCAHONTAS,
RANDOLPH, TUCKER OR
UPSHUR COUNTIES.

Starts Sunday, May 26
Ends Monday, September 2

Register Online Beginning May 6
DHS100miles.com



The Wellness Program
WVU Healthcare

*100 Miles in 100 Days is adapted with permission from the original Walk 100 Days in 100 Miles Program administered by WVU Healthcare Wellness Program.

GREAT THINGS HAPPEN Here!



Davis Health System