

Make it a Habit



2016 Workfit Challenge

Having a difficult time keeping your New Year's Resolution to get fit this year? Let's help one another meet our goals.

Join the Lodge Lane 2016 Workfit Challenge

Receive weekly motivational quotes, fitness tips, & healthy recipes to get you moving in the right direction. Enter your weekly steps from your personal fitness tracker and compete for prizes. Don't have a personal fitness tracker? Lodge Lane will be providing a limited number of pedometer/calorie counters. Just let us know on your registration form.

To register, copy this URL into your Web Browser: <http://www.123contactform.com/form-1747225/WorkFit-Challenge-2016>

Participation dates: January 25, 2016 – April 17, 2016.

Get all the details and a healthy take-away lunch at our Kick-Off Party.

Thursday, January 28th 11:30AM – 1:00PM

Lodge Lane Assisted Living
1221 Lodge Lane Wilmington, DE 19809
302-757-8100

Contact Jessica Bannan jbannan@lodgelane.org for additional questions.