

INTERESTED IN PARTICIPATING AS A TEAM?



Our Walk-A-Thon for Health hybrid event is a great wellness opportunity for employees, all while making an impact. Each step we take together moves us towards more equitable communities where all people can thrive. Too many people in our neighborhoods are still ineligible for health insurance and face barriers to getting care such as transportation, language access, and affordable medicine. Together, we can change this. Health is a fundamental human right, and we must take the steps to get there.



HOW DO I FORM A TEAM?

- 1.** Round up your friends, family members, or coworkers (as many as you can!)
- 2.** Register each team member via www.lcdp.org/walk OR email Fátima Orozco at forozco@lcdp.org for registration assistance
- 3.** Upon registration confirmation, click on the link to join our challenge on the MoveSpring app (will be sent to your email!)
- 4.** Create your profile and make sure to connect your Apple Watch, FitBit, Garmin or other step tracking device.
- 5.** Create a team within the challenge (come up with a creative team name!)
- 6.** Make sure each of your team members join your team
- 7.** Your team will be able to see where they are on the “Team Leaderboard” and use it as a way to motivate each other!
- 8.** Start walking! Our challenge runs from April 1st – April 30th
- 9.** Encourage your network to support La Clinica by donating in honor of your team at www.lcdp.org/donate and under where it says “in honor of” ask them to put your team name so we can keep track of how much you’ve raised!

For any questions, please contact Fátima Orozco at forozco@lcdp.org