



Please join us for a *virtual* walk “Walking to the Homelands” starting the week of August 15th

Collectively we would like our community members to *VIRTUALLY* walk the distance to Stockbridge, Massachusetts. Everyone can join in and do this by collecting and reporting the distance you walk every week. Walk as little or as much as you can.

Sign up at the Stockbridge Munsee Health and Wellness Center, Mohican Family Center, Tribal Office Building, Administration Building, C-Store or Casino. You can monitor how far you walk with your phone app, a pedometer or a fitness tracker.

If you don't have a way to track your walking – stop by the clinic to pick up a *free* pedometer or purchase a fitness tracker for the reduced price of \$15.00!

Record this amount and either email it your name & distance for the week to us at SMHWC.event@mohican.com or drop it off in the collection envelopes- at the locations listed above.

We will pick up the slips on Friday afternoon for the previous week and draw for weekly prizes. T-Shirts at the end for everyone who signs up and participates. We will post the winners and our collective distance weekly on the Stockbridge Munsee tribal website: mohican-nsn.gov/

Bartelme to Redsprings	10 miles
Red Springs WI to Stockbridge WI	75 miles
Stockbridge WI to Kaukauna WI	16 miles
Kaukauna WI to White River IN	389 miles
White River IN to Oneida NY	692 miles
Oneida NY to Stockbridge MA	<u>146 miles</u>
Total	1328 miles

Working together WE CAN DO THIS!