



“Spring” Into Shape Team Steps Challenge

Raffle Prize Winner

Kim Robbins from Creative Expressions is the first raffle prize winner of the “Spring” Into Shape Team Steps Challenge.

Congratulations Kim!

Kim had her name put into the raffle along with seven other employees that submitted Personal Health and Wellness Success Stories. Here is what Kim had to share:

Since I started this Challenge, I walk everyday for a least 30 minutes. I feel better health wise, have lost about 8 pounds and have been eating more healthy foods. It is really hard but since I have seen and felt the results, it is all worth my effort. I can see that it will be a long road ahead but I am really sticking with it.

If you see Kim, take the time to congratulate her for the great healthy lifestyle changes she is making!!

Kim, reward yourself along the way and keep up the good work!! We are proud of you!!

To obtain your prize, please contact Michelle Peryea RN, Wellness Program Coordinator, at (518) 775-5420 or via email at peryeam@lexcenter.org

If it is unreasonably difficult for you to meet the requirements of the Challenge because of a medical condition, contact Michelle Peryea at (518) 775-5420 and she will work with you to develop another way for you to qualify for the rewards.