



**Minutes in  
Motion**  
ACTIVITY CHALLENGE

Healthy • Active • Community

**March 28-May 8, 2022**

Improve your health and your attitude by  
getting 30 minutes of exercise a day.

Get friends, family and co-workers together to  
join this six-week challenge today!

***Have fun – get moving – win prizes***

Registration opens March 7 at [gundersenhealth.org/mim](https://gundersenhealth.org/mim)  
or call (608) 775-4717.

**GUNDERSEN**  
HEALTH SYSTEM®

Gundersen Lutheran Medical Center, Inc. | Gundersen Clinic, Ltd. | jew62x\_0122

**LA CROSSE**  
**Tribune**

**Mid-West  
Family  
La Crosse**



**GUNDERSEN**  
MEDICAL FOUNDATION