



MAY IS BIKE MONTH

With so many reasons to ride, what's yours?



Windom Bike To Work Day

Friday, May 19th

Bike by Hy-Vee to grab a FREE apple and water
from 7:00-9:00 a.m....



...and don't forget to pick up your FREE "Feel
Awesome" water bottle from the Windom Area



Hospital !



**GET SOME FRESH AIR AND EXERCISE TO KICK-START
YOUR WORKDAY!**