



Benefits Made Easy

NOTE: Participation in the Governor's Cup 5K is available to all employees (including Delaware Transit Corporation) regardless of benefits eligibility.

This newsletter is published by the State of Delaware Statewide Benefits Office.
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FUN - FELLOWSHIP - PHYSICAL ACTIVITY - AWARDS

2017 GOVERNOR'S CUP



NEW DATE:

Tuesday, October 17, 2017

On-Site Participation

5K Run/Walk, 1-Mile Noncompetitive Fun Walk and Health Fair

Limited to 500 on-site participants (first come, first served)
**Governor's Residence at Woodburn
151 Kings Highway, Dover, DE 19901**

OR

NEW: Off-Site Participation

There is no limit on the number of off-site participants
Walk, jog or run 6,400 steps throughout the workday — roughly the equivalent of a 5K

Delaware's Division of Public Health (DPH), in partnership with the Statewide Benefits Office (SBO) and DelaWELL, is presenting this **FREE event** exclusively for State of Delaware employees, pensioners and faculty/staff of all public school districts and charter schools.

With the addition of the **NEW** off-site participation option, employees and pensioners who are unable to attend can join in on the fun from wherever they are on October 17.

Don't miss out on being a part of the tradition and celebration!

Call To Action

- Learn more and register today as an on-site or off-site participant at www.GovernorsCup5K.com. The last day to register is **October 10**.
- Have questions or need a reasonable accommodation? Email the Division of Public Health at govcup5k@healthydelaware.org.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Health Promotion and Disease Prevention

