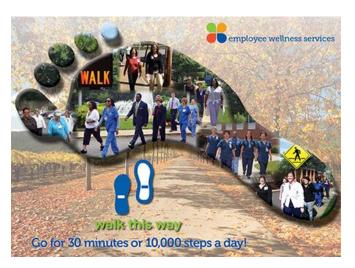# Walktober

October is a beautiful time of year to be outside, enjoying the fresh air and walking! This October, take part in *Walktober* by walking for 30 minutes or 10,000 steps a day, joining a walking group, or signing up for one of the many walks happening in our area that support amazing causes.

You Could Win! This year, the winner of our PRIZE DRAWING will have a $500 donation made on their behalf to an eligible local charity.

How do I win? Keep track of your steps at www.bonsecourswellness.com under the Pedometer Log for a chance to win our PRIZE DRAWING. The more steps you log, the better your chance of winning!

AND if you are on the Bon Secours Medical Plan you will be well on your way to earning your $300 Healthy Habits incentive by logging your steps for Walktober.

Upcoming local charitable walks:

Oct. 3 – Making Strides against Breast Cancer, Mount Trashmore – Click here to learn more.

Oct. 3 – Step Out: Walk to Stop Diabetes, Virginia Beach Oceanfront – Click here to learn more.

Oct. 10 – Komen Race for a Cure, Virginia Beach Oceanfront – Click here to learn more.

Oct. 10- AHA Heart Walk, Mount Trashmore – Click here to learn more.

Oct. 11 – Walk to End Alzheimer's, Virginia Beach Oceanfront – Click here to learn more.

Oct. 17 – AHA Heart Walk, Peninsula Town Center – Click here to learn more.

Oct. 24 – Light the Night, MacArthur Center Park – Click here to learn more.