



## “Sheila Macauley Memorial Walking Contest”

Sponsored by GFWC/CT

As you know Sheila was dedicated to the “Health and Wellness” of all our State Club members. This fall our walking contest will take place the week of October 22, 2023.

Please keep track of your miles/hours: walking, Zumba, exercising, and all athletic endeavors. Clubs will be measured by size compared to member participation. There will be awards for small, medium and large clubs, with an individual award for the member walking/exercising the most miles/hours.

Please send your miles/hours to Rainey Pavarini - [raineyday1021@gmail.com](mailto:raineyday1021@gmail.com)

Sara Newell - GFWC/CT Health and Wellness Chairman