



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOU CAN DO THE SHAMROCK SHUFFLE

**Get Back on Track  
Join the Shamrock Shuffle!  
March 1 - March 31, 2012  
Every Member can Shuffle!**

**Shuffle 30 Minutes  
3 Days a Week for 4 Weeks**

**Track your progress and  
qualify for a Special Drawing**

**Ask any Member Service  
or Health & Wellness Staff  
for your Shamrock**

**Start doing the  
Shamrock Shuffle Today!**

