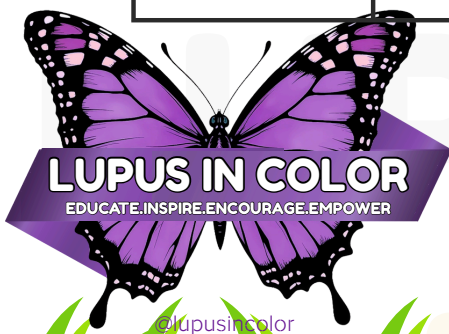


# LUPUS IN COLOR STEP INTO

# SPRING

**FOR LUPUS AWARENESS & YOUR OWN HEALTH**  
**30 DAY HEALTH WALK CHALLENGE MAY 1-30**

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 27     | 28     | 29      | 30        | 01       | 02     | 03       |
| 04     | 05     | 06      | 07        | 08       | 09     | 10       |
| 11     | 12     | 13      | 14        | 15       | 16     | 17       |
| 18     | 19     | 20      | 21        | 22       | 23     | 24       |
| 25     | 26     | 27      | 28        | 29       | 30     | 31       |



**WALK 15 MINUTES  
EACH DAY**

