



Blue Cross Blue Shield of Wyoming
4000 House Ave
Cheyenne, WY 82001
BCBSWY.com

News Release

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Contact:
Wendy Curran
307.432.2703
Wendy.Curran@bcbswy.com

Blue Cross Blue Shield of Wyoming Invites Community to National Walk@Lunch Day

CHEYENNE – Blue Cross Blue Shield of Wyoming (BCBSWY) is gearing up for National Walk@Lunch Day on Wednesday, April 27, and is inviting local residents to participate.

BCBSWY employees will host a walk around Sloans Lake in Lions Park and are inviting the Cheyenne community to join them anytime between 11:00 a.m. and 1:00 p.m. The walk will begin at the Lions Park Gazebo next to the Kiwanis Community House. BCBSWY will provide free drinks and a snack to all participating walkers.

National Walk@Lunch Day was created ten years ago by the Blue Cross and Blue Shield Association to help people start a new daily walking routine, improving their personal health step by step.

Across the county, other Blue Cross Blue Shield companies, employers and schools participate in this annual event. If you'd like to plan a walk for yourself or your business, visit bcbs.com/walkatlunch for tips and suggestions.

“Grab your walking shoes and come with us for a short walk,” said Rick Schum, BCBSWY

President and CEO. “Participation is fun and easy. We hope the community will join us and turn a working lunch into a walking lunch on April 27.”

Watch the BCBSWY Facebook page for more details or go to [bcbswy.com/BlueCares](https://www.bcbswy.com/BlueCares).

About Blue Cross Blue Shield of Wyoming

Blue Cross Blue Shield of Wyoming (BCBSWY), a not-for-profit health insurer and an independent licensee of the Blue Cross and Blue Shield Association, provides access to high quality healthcare coverage, services and programs to help our members make the best healthcare decisions and get the best care. With 9 locations across Wyoming, we provide hometown service to residents and businesses while serving people and charitable organizations in communities around the state. Learn more about us at [BCBSWY.com](https://www.bcbswy.com).