



Blue Cross Blue Shield of Wyoming
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News Release

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Join Blue Cross Blue Shield of Wyoming for National Walk@Lunch Day on April 26th

CHEYENNE – Blue Cross Blue Shield of Wyoming (BCBSWY) is gearing up for National Walk@Lunch Day on Wednesday, April 26, 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 by the Blue Cross and Blue Shield Association to help people start a new daily walking routine, improving their personal health step by step. Participation can be the start of engaging in WalkingWorks®, a Blue Cross and Blue Shield program created to help members live healthier lives. Learn more at walkingworks.com.

“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 in turning a working lunch into a walking lunch on April 26.”

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 10 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.