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| Hey (insert agency) Employees!Let’s get moving! Join the **MoveMore: STEPtember Challenge** and get fit with your colleagues in a friendly walking competition against other city agencies.Registration is now open, so make sure you head on over to [www.nyc.gov/movemore](http://www.nyc.gov/movemore) today to join one of the (insert agency) teams! (Spots are limited). Team and individual prizes will be awarded so everyone has a chance to win!Any questions about the challenge? Need help signing up? Join WorkWell NYC on one of three webinar calls:

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|  STEPtember Informational Webinars  |
| Tuesday, August 21st at 1:00pmThursday, August 23rd at 12:00pmWednesday, August 29st at 12:00pm |
| [Click here to register](http://bit.ly/steptemberwebinars) |

You can also find registration help by viewing the FAQ’s [here](http://www.nyc.gov/movemore). If you are still unable to sign up after doing so, please reach out to workwell@olr.nyc.gov with the subject line “**STEPtember Inquiry**”. **Please note:**You are **not** required to have a wearable device to participate in this challenge -- an iPhone or an Android is able to track your steps for you! (Just make sure you are carrying it around with you, of course.) If you **do not** have a mobile device that integrates with MoveSpring, don’t fret! Email the WorkWell NYC team at workwell@olr.nyc.gov to discuss ways in which you can still participate. If you have any physical limitations and would like to participate in the challenge, please email workwell@olr.nyc to learn how to sign up. Macintosh HD:Users:Kevin:Desktop:6595 R1 MoveMore web footer.jpg |
| [**www.nyc.gov/movemore**](http://www.nyc.gov/movemore) **||** **workwell@olr.nyc.gov**  |