

Get Connected!

Like us on Facebook



@LorainCountyHealth

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@LorainCoHealth

Make sure you check back throughout the challenge for updates!

Share Your Success

- Post regularly on your team's social media platforms - share progress & fun activities you do as a team.
- Use the hashtag #stepitup in your posts to stay connected to the competition!
- Check the @LorainCountyHealth pages - you just might see your team!

Scope Out the Competition

- Keep an eye on your emails, we will be sending out weekly newsletters
- Search the #stepitup hashtag to see the fun and creative things that other teams are doing