



Welcome to AVA's newest Virtual Online Program!

As promised we are bringing you phase II. This program has been so popular walkers are ready to move to the next level. We couldn't wait until July so we are bringing you the new "Tour of Italy" virtual map program beginning May 1. If you are enrolled in the 401K program you will receive an invitation to join in the next few weeks. As you move along the trail narrative photos boxes will pop up at points of interest to give you information about that point. One of volksporing's pleasures is travel but not all of us are able. So let's do the next best thing and travel virtually! "Tour of Italy" will be step based so there is nothing extra to do, just log your steps as you do now either by a walking device, smart phone or manually.

"You'll start this journey high in the Italian Alps. Once you've made it through the snow we'll first celebrate your survival in Venice "the Floating City". Take a tour through the canals before hitting the road. We'll stop in places made famous by Shakespeare, we'll dine on fresh and hearty Italian fares, and you'll see the most famous of the Italian stops – The Leaning Tower of Pisa, The Coliseum in Rome, and we'll end our journey in Palermo, where you can swim in the Mediterranean sea and relax after your hard work!" *walker tracker*

There is still time to enroll and complete both programs, just go to the AVA website and click on the 401K logo (or click on <http://www.ava.org/401K.php> to start your enrollment process. \$18.00 fee includes both 401K:Invest in Your Health and Tour of Italy.

Tour of Italy begins May 1

Thank you for walking with AVA: America's Walking Club



Fun, Fitness, Friendship

America's Walking Club