

### JOIN THE GMHEC TEAM! ~ FREE & EASY TO PARTICIPATE ~

*Help us hit 500 million steps to support trauma survivors!*

Founded by survivors of the Boston Marathon bombings, **The Gillian Reny Stepping Strong Center at Brigham and Women's Hospital** invites you to join in this May for the annual Step Up for Stepping Strong wellness challenge and help generate support for trauma research and innovation.

**LEARN MORE @ [BWHStepUp.org](https://BWHStepUp.org)**

**Join GMHEC Team by April 30!**

- 1. Download MoveSpring app**
  - If prompted, input code: STEPUP24
  - Confirm you're with Brigham and Women's
- 2. Create your account**
- 3. Connect a fitness tracker or smartphone**
  - Check the dashboard for Upcoming Challenges
  - Confirm you joined "Step Up for Stepping Strong 2024"
- 4. Join the Green Mtn. Higher Ed. Consortium Team and Step Strong from May 1-31!**

