

**Wellmark Running Group Minute Monsters  
Wellmark Blue Cross & Blue Shield**



"Here's the story of some running ladies who were looking for a way to have some fun.

Here's the story of some men from Wellmark who were thinking that they needed to spice up their runs.

Then one day the ladies talked to the fellows and knew that it was much more than a hunch that this group would somehow form a Live Healthy America team.

...That's the way we all became the Wellmark Running Group Minute Monsters!"