



# Reach Your Peak 2025

3.



FORM A TEAM

2.



**REGISTER**

Point your phone's camera  
at the QR Code above

1.



**GET STEPPING!**

**LEARN MORE AND REGISTER AT**  
**[WWW.MOUNTSINAI.ORG/REACHYOURPEAK](http://WWW.MOUNTSINAI.ORG/REACHYOURPEAK)**

Questions? Email:  
**[Wellness@MountSinai.org](mailto:Wellness@MountSinai.org)**