


Message Board

Invite other people
along for a Friday
Mountain Bike!



Use your interests to find activities...

- After you have selected the interests in your profile, you can then select if you want to be notified of these activities in your area. Our website can do this by linking them through our message board. You can choose to be notified within whichever distance you choose. In addition to creating your profile and accepting notifications of your interests, you can also create your own messages using our message board feature. At the community message board you can post messages for other people in your company or make the messages public to anyone who is a member of this wellness site. For example, post a message when you are going for a bike ride on the weekend and you want to invite other people along.
- To the right is an example of some messages on our Community Message Board.

Detroit Tigers Bus Trip

Published: 8/16/2009 3:18:36 PM

Fall Yoga Classes Thursday

Published: 8/16/2009 3:16:46 PM

Fall Yoga Classes

Published: 8/16/2009 3:15:49 PM

Friday Mountain Bike Ride

Published: 6/30/2009 11:14:54 AM

Thursday Morning Kayaking

Published: 6/15/2009 9:09:53 AM

Morning Paddle

Published: 5/29/2009 12:54:41 PM

Horseback riding

Published: 5/12/2009 3:47:36 PM