Shape

Description automatically generated

**WhatsApp Messages**  
  
  
*Let’s get Medway moving! Please copy and paste messages into your WhatsApp groups to encourage others to log their miles at medwaycan.com and help Medway travel around the world. You can. We can. Medway Can.*

**Message 1:**   
  
Have you logged your miles at [www.medwaycan.com](http://www.medwaycan.com) yet?   
Let’s get Medway moving   
  
  
**Message 2:**   
  
Hey, I just logged my miles at [www.medwaycan.com](http://www.MedwayCan.com) – If you’ve been active lately, visit the website, log your miles and help Medway get around the world!

**Message 3:**  
  
Have you been active lately? If you’ve walked, ran, cycled or anything else, you should log your miles at [www.medwaycan.com](http://www.MedwayCan.com) and help Medway travel around the globe!