Walk with Ease is designed to help build healthy habits for walking. Even if you are active already, the program will build skills that can help you stay active for life!

---a program for better living---

Walk with Ease is a 6-week evidence-based program brought to you by Wellness Works, an outreach program in the department of Kinesiology at Iowa State University.

Walk with Ease is designed to help build healthy habits for walking. Even if you are active already, the program will build skills that can help you stay active for life!

Questions? Contact the Wellness Works Team at wellnessworks@iastate.edu

Program begins DATE

Custom QR code for registration here

Follow us on social media --> @wellnessworksisu @_wellnessworks