

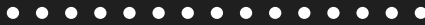
Walk With Ease

---a program for better living---

Say yes to increasing your physical activity with Walk with Ease in the Worksite

All you have to do is walk!

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



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