



Spring into Summer by Enrolling in Wapello County's

Walk with Ease Program

Walk with Ease (WWE) is an evidence-based physical activity program developed by the Arthritis Foundation. It is coordinated in Iowa by a team at Iowa State University (ISU) through the ISU Translational Research Network (U-TuRN).



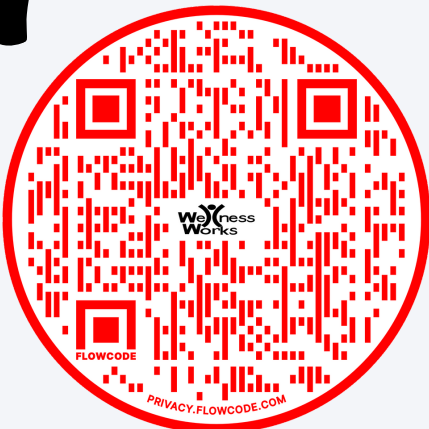
U-TURN

The Wapello County Health Department has partnered with the ISU Wellness Works group to create a county campaign to support active living and well-being in **Wapello County**.



Programming targets goals of Healthy Iowans and Active People Healthy Nation.

Scan Code to Sign up



Key Features

- FREE Online Access to WWE
- 6 Week Self-Guided Program
- Video Training and Resources
- Build Healthy Habits

Contact Lynelle Diers at Wapello County Health Department for local details (ldiers@wapellocounty.org) or visit https://www.wapellocounty.org/public_health/



www.walkwitheaseISU.org
www.wellnessworksISU.org