

WALK WITH EASE

A Program for Better Living

About:

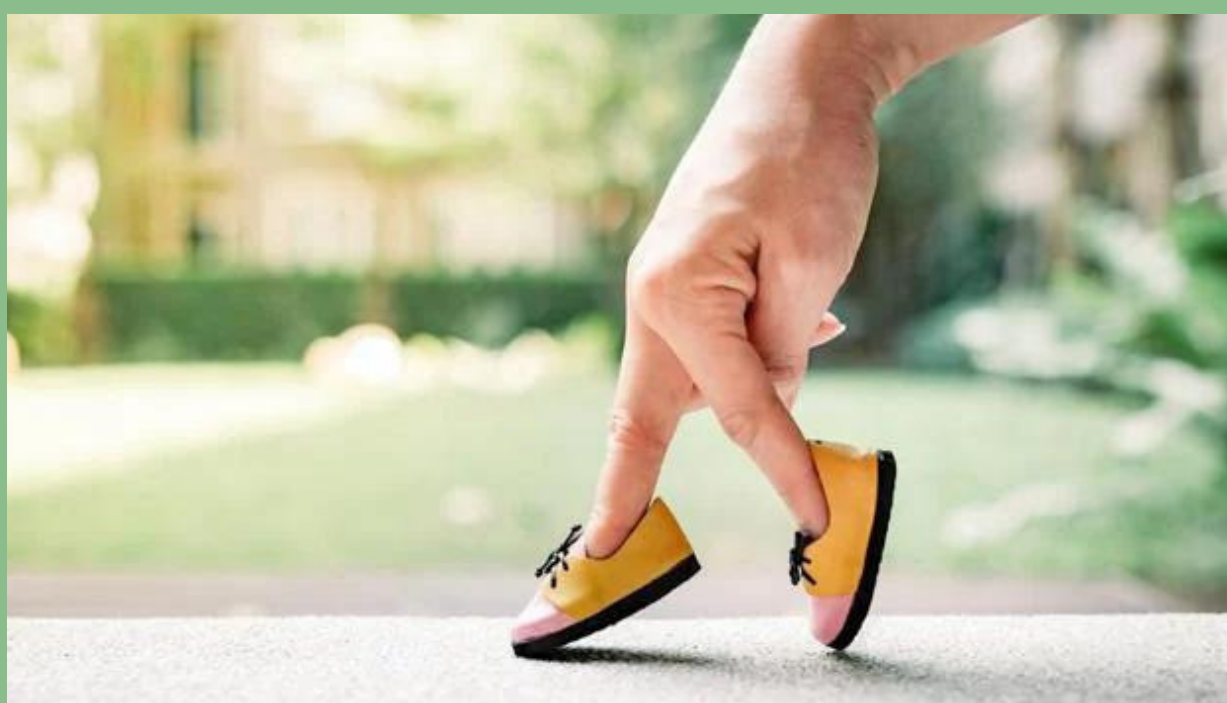
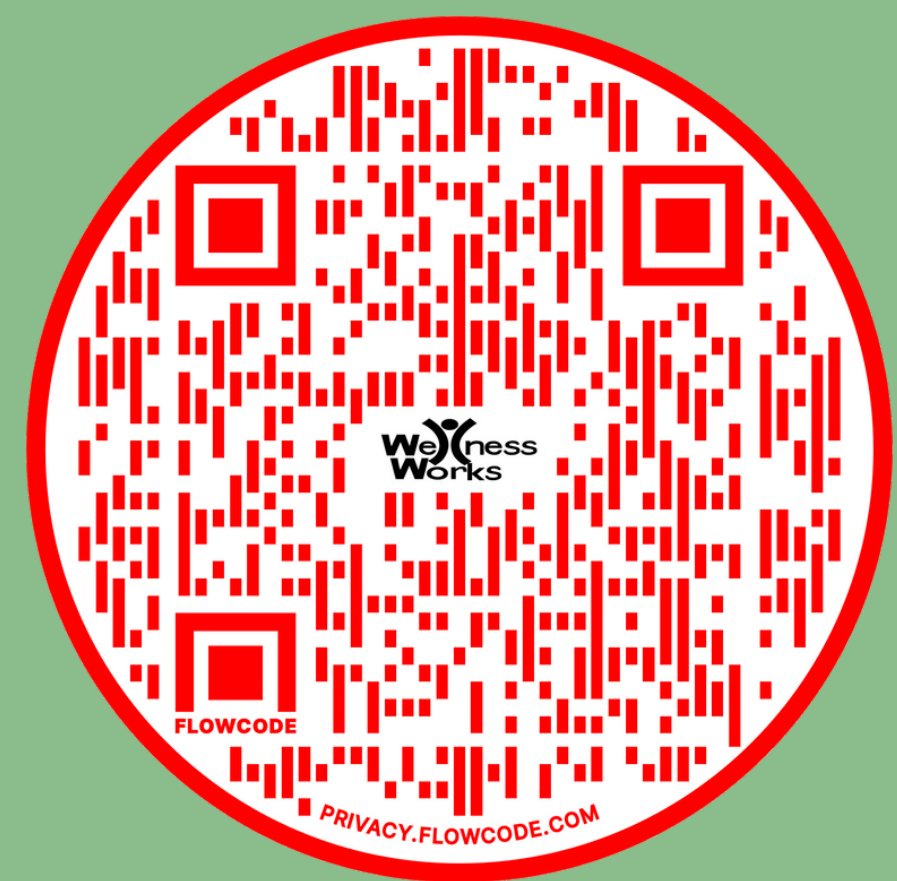


Walk with Ease is a 6-week evidence based program promoting physical activity for employees. It follows the Active People Health Nation initiative which follows guidelines from the Centers of Disease Control and Prevention (CDC). Whether your employees are already active OR looking to get started, this program can work for your company.

When:

Enrollment begins
DATE

Scan Below to
Learn More!



Contact the Wellness Works Team with
any questions!
wellnessworks@iastate.edu

Department of Kinesiology

IOWA STATE UNIVERSITY

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