# Walk With Ease

Arthritis Foundation®

If you're looking for a simple way to support employee well-being, **Walk With Ease in the Worksite** offers an easy place to start. This 6-week program helps employees build lasting walking habits that improve energy, focus, and overall health. By opting in, your organization will receive ready-to-use materials, supportive messaging, and a structured framework designed toward habit formation.

- Educational Materials
- Goal Setting /Self-Monitering Tools
- Training on Habit Formation
- Motivational Messages

**A six-week evidence-based program to help employees to build healthy walking habits**

https://tinyurl.com/WWEW1

## Interested in bringing Walk With Ease to your workplace?

Click HERE or scan the QR code to opt in and get started!

Our team will provide everything your company needs: program materials, support tools, and ongoing guidance to help your workplace succeed.

**SCAN HERE**

Wellness Works

**Website:** wellnessworkisu.org **Instagram/Facebook :** wellnessworkisu