



Henry County, Iowa

Contact Kelly Carr at Henry County Public Health for local details

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Scan TO SIGN UP!



WALK WITH EASE

TAKE A STEP TO A HEALTHIER SUMMER!

Spring Into Summer

The statewide Spring into Summer initiative provides FREE access to the evidence-based Walk with Ease program. Customized online programming will help you build healthy habits for physical activity.

KEY FEATURES:

- FREE Online Access to WWE
- 6 Week Self-Guided Program
- Video Training and Resources
- Build Healthy Habits
- Walk with your County Group

Share with Friends and Family and participate as a group!

Henry County Programming

Henry County Public Health has established a county-specific group within the Walk with Ease program. Sign up with the QR code (or at this [link](#)) and be sure to select **Henry County** as the 'group' when you sign up. We encourage worksites and groups to coordinate their start date so you can make progress together. Let's move together!

Sign up for the 6-week online program anytime between Jan 1 and March 1. Scan the QR code, click this [link](#) or go to this page to sign up: <https://startwalkwithease.org/Welcome/iaworksite>

CCPH



Community Connections for Public Health



www.walkwitheaseISU.org
www.wellnessworksISU.org